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## P R E F A C E.

FEW persons who have early appeared as Authors, live to mature age, without a wish to have written less; or never to have appeared before the public. Perhaps some, who read the following Hints; may conclude that this sentiment is suggested by the Author's individual experience. He makes no plea in favour of what he has done; but he has the satisfaction of reflecting that he never printed a sentence to which he is ashamed of subscribing his name; because the motives will, at least to his own mind, support his conduct.

Several of the subsequent Essays have been already printed, and some of them at an early period of his life. At the present moment he might express himself differently; but, whether it is, that we recall our juvenile exer-



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cises with the enjoyment of retrospective pleasure, or that we feel a satisfaction in marking the progress of experience; he acknowledges, that he cherishes a predilection for these efforts, excited as they may have been by imagination, rather than chastened by judgment.

These Pieces, however trivial they may appear to an unbiassed reader, are submitted to that Public, which cannot be greatly overburthened by an edition comprising a few copies only, principally designed for the acceptance of private friends.

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THE foregoing PREFACE I have re-printed from a small edition of "HINTS," which it explains. Many of my acquaintances, and particularly some whom I have the happiness of claiming in foreign parts, expressed their satisfaction in perusing this little volume; and a desire of seeing it extended upon a larger scale, by embracing some of the most interesting, or less known Institutions, founded on the National Benevolence of this distinguished Island, which Linnæus justly entitled the *punctum vitæ in vitello orbis*.

From these motives I have been induced to describe some of those Institutions with which I am more immediately connected, and with the utility of which I am most intimately acquainted. In such an undertaking, a considerable portion of the volumes is occupied by the rules and regulations of the respective establishments, which I thought

it requisite to admit, as the means of enabling persons in distant parts of these kingdoms, as well as foreigners, to form similar ones.

This led me to reflect with singular pleasure upon the enlarged views and philanthropy of the respective founders, and excited a wish to prefix to each of the Institutions, a *Silhouette*, or engraved head, of the distinguished characters themselves; more particularly as I had the honour of claiming a share in their friendships. After pleading the happiness I should derive from their gratifying my wish with their *Silhouettes* (for, although I do not possess the enthusiasm of a Lavater, I entertain a fondness for such representations), they had the condescension to oblige me, and I will venture to add, the public also, by complying with my request; for, no benevolent individual can view this assemblage of philanthropy, without experiencing the most pleasing reflections, and feeling the heart humanized with the tender energies of wishing to go and do so likewise.

Among

Among this illustrious group I had long cherished a wish to prefix the *Silhouette* of Count RUMFORD, to the Section respecting the Distresses of the Poor; but, at the period it was put to the press, he was absent from this country, and I then despaired of presenting to the public the real likeness of one of the most distinguished characters of the age; which on his return, however, to England, his condescension has enabled me to do. When I requested this indulgence, the Count, with a frankness and kindness which demand my grateful acknowledgements, replied, "that I should have the *Trifle* I requested."

This unaffected politeness induces me more highly to estimate this favour; for, the object he modestly terms a *Trifle*, is, to my feelings, a valuable acquisition. I introduce with pleasure this circumstance, as an instance, among others which literature affords, that great and enlarged minds think less of themselves than those do, who enjoy the happiness of knowing them.

Whilst philosophers and learned men elucidate abstruse subjects, they have rarely enlarged the circle of useful arts, and particularly those, applicable to domestic and common life,

FRANKLIN, who created a scientific energy in the new hemisphere, unknown before his time, happily united them. His countryman Count RUMFORD embraced the same principles; and those ample views which his great archetype suggested, he explained, enlarged, and confirmed; and, with a felicity of elucidation, rendered familiar to the artizan and mechanic; and thus, whilst he instructed philosophers in Science, he rendered the useful arts subservient to public benefit, and domestic happiness. To trace the improvements and discoveries, in which Arts and Sciences are indebted to him, is not my design; nor would these pages suffice to record them; they are too important, however, to escape the applause of the Learned, whom he has enlightened, or the gratitude of the Public, whom he has informed. The  
humble

humble course I have chosen, is to exhibit examples of beneficence; those great and good characters who have been the benefactors of mankind; I contemplate, therefore, with singular gratification, the Count, who, whilst he has taught Philosophers to controul two of the most powerful agents in nature, Fire and Air, has instructed the artizan to subject them to the comfort and happiness of the rich, and the poor. *Agents* still more untractable, the passions and vices of profligate and audacious mendicity, he has subdued; and by his perseverance and sagacity, substituted the spirit of subordination and industry. To render that industry more productive to the individuals, as well as to the state, he has multiplied the means of subsistence, by increasing those of nutrition,

My plan, as I have already intimated, is to trace and point out Beneficence, rather than Science; or ample is the field of narration which the Royal Institution presents, formed by an effort of his genius, to become the centre of national instruction, and useful know-

knowledge; but after this hasty sketch of illustrious actions, what my late friend, the amiable DUBOURG\*, applied to the American sage, the world has confirmed on the living RUMFORD.

“ Il a ravi le feu des Cieux,  
 Il fait fleurir les arts en des climats sauvages ;  
 L’Amérique le place à la tête des Sages ;  
 La Grèce l’auroit mis au nombre de ses Dieux.”

\* I have long been desirous of procuring an engraving of my deceased friend, and should be happy to be informed of the possessor of one, or of a painting of him; my valuable friend, Vicq. D’Azyr (physician to the unfortunate King of France), who fell like the great Lavoisier, an untimely, and much-lamented victim to the guillotine; I think, mentioned to me, that there existed such an engraving. Dubourg wrote a *Code d’Humanité*, an abridgement of which he gave me, on my visit to him in Paris; this is mislaid, and, if a copy exist, I shall highly value the possession of it. I believe I presented my copy to the late Dr. Fothergill.

I AM

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I AM sensible that some important institutions have not found a place in these volumes, as the MAGDALEN; ASYLUM; FOUNDLING HOSPITAL; the MARINE SOCIETY; the useful seminary long since established by the natives of the Principality of WALES; the SCOTTISH HOSPITAL, of royal incorporation, but supported by private bounty; the more recent, but not less useful, institution of the Benevolent Sons of ST. PATRICK; the schools established by the FREE MASONS, &c. &c. But this omission would rather promote than preclude the prosecution of these subjects, on an enlarged plan, at a future period, should public approbation encourage it. I have, indeed, collected materials for a fourth volume, particularly in the department of Medical Science; but a reluctance to increase the expence of the reader induced me to withhold its publication, as I have



have ever felt a difficulty in this point of view, with respect to my own performances; not deeming them, myself, so worthy of public patronage, as they would appear to have acquired, from the demand they have experienced of two, three, and even more editions. One consideration, the moderate price, may have in some degree counterbalanced their defects; for no pecuniary advantages were ever derived from literary performances, by

J. C. LETTSOM.

CON.

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SECTION

( 1 )

## SECTION I.

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### H I N T S

RESPECTING THE IMMEDIATE

EFFECTS OF POVERTY\*.

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**W**ERE there no misery or distress in the world, there would be few occasions for exercising that benevolence, which excites gratitude and thankfulness on one hand, and the tender emotions of sympathy and humanity on the other. Conscious as we are that no one is exempt from the painful vicissitudes of life, and that the blessed to-day may to-morrow experience a bitter reverse; the child of woe is always an object of commiseration,

\* Printed in the Gentleman's Magazine, vol. L. p. 25.

and should excite in our hearts that kind of compassion, and obtain that aid from us, which we should look for, were such afflictions suffered to overtake ourselves.

Various are the occasions to excite the sympathetic feelings of the human heart; for distress appears in a thousand shapes: but perhaps there are none more deserving of our attention, than abject poverty; particularly at this time, when the inclemency of the season requires additional expences; and when families who have been supported by industry and labour, are many of them, robbed of this support, by the exigencies of war\*, and compelled to depend upon the scanty and precarious assistance of the parish. Many who are permitted to continue with their families, are obliged to labour in all the severe changes of weather, and are consequently more liable to violent diseases, and aggravated want. Their families are often numerous, their habitations close and confined, and, when a

\* The American War, which ended in the Independence of the Thirteen Colonies.

fever,

### IMMEDIATE EFFECTS OF POVERTY. 3

fever, or any infectious disease, is once introduced, it extends its malignity, and augments desolation and misery; for the arm of the father upon which a family of helpless children naturally depends for support, is thus equally prostrate with the babe at the breast. Sickness under every exterior comfort excites our sollicitude and concern; but what a picture of human woe is exhibited, when want, penury, and pain, constitute the pillow!

The benevolence of this nation is great beyond comparison; and when real distress is known, some tender bosom overflows with comfort and succour; but the chief examples of misery are unknown, and unrelieved; many there are too diffident to apply for aid, or ignorant how to do it; some of these pine away in solitary want, till death closes their sufferings; numbers however, rather than silently suffer their husbands, their wives, and their children, utterly to perish, supplicate our aid in the public streets and private avenues; but unfortunately for them, the preva-

lent opinion that there is somewhere abundant provision for the poor, and that idleness, not necessity, prompts their petitions, induce many to refuse that pittance, which would prove no loss to themselves, and in some instances might save a life.

In many diseases, the attack is violent, and the progress rapid; and before the settlement of a poor helpless object can be ascertained, death decides the controversy.

I know that many undeserving objects intrude upon the benevolent, to the injury of real distress: but, rather than those should suffer all the pangs of misery, unpitied and unaided, some enquiry might be made and their case ascertained: were this tried, it would frequently bring us acquainted with situations and circumstances of misery which cannot be described; acquaintance with such scenes of human woe would excite thankfulness for ourselves, and compassion for our fellow creatures, who are visited with sufferings

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ferings and pangs, from which we have hitherto been providentially, if not undeservedly preserved.

These sentiments were the result of a morning walk in the metropolis, which introduced the writer into some situations of real life, the relation of which he trusts, will not be unacceptable to those benevolent minds who think

To pity human woe,  
Is what the happy to the unhappy owe.

#### A MORNING WALK IN THE METROPOLIS.

“ About the beginning of December, on going out of my house, I was accosted by a tall thin man, whose countenance exhibited such a picture of distress and poverty as fixed my attention, and induced me to enquire into his situation. He informed me that he was a day-labourer, just recovered from sickness, and that feeble as he then was, in order to procure sustenance for a sick family at home, he was compelled to seek for work,

and to exert himself much beyond his strength; and he added, that he lived in a court called Little Greenwich, in Aldersgate-street. This poor object seemed to feel distress too deeply to be an impostor: and I could not avoid bestowing some means of obviating his present want, for which he retired bowing, with tears in his eyes; but when he got out of sight, his image was present with me: I was then sorry that my generosity had not been equal to my sensibility, and this induced me to attempt finding out his family. He had mentioned that his name was Foy, and by the information he gave me I discovered his miserable habitation: with difficulty I found my way up a dark passage and stair-case to a little chamber, furnished with one bedstead: an old box was the only article that answered the purpose of a chair, the furniture of the bed consisted in a piece of old ticken, and a worn-out blanket, which constituted the only couch, except the floor, whereon this afflicted family could recline their heads to rest: and what a scene did they present! Near the centre of the bed lay  
the

the mother with half a shift, and covered as high as the middle with the blanket. She was incapable of telling her complaints. The spittle, for want of some fluid to moisten her mouth, had dried upon her lips, which, as well as her gums, were covered with a black crust—the concomitant symptoms of a putrid fever, the disorder under which she laboured, in its most malign state. At another end of the blanket was extended a girl about five years old: it had rolled from under this covering, and was totally naked, except its back, on which a blister-plaister was tied by a piece of packthread crossed over its breast; and, though labouring under this dreadful fever, the poor creature was asleep. On one side of its mother lay a naked boy about two years old; this little innocent was likewise sleeping. On the other side of the mother, on the floor, or rather on an old box, lay a girl about twelve years old; she was in part covered with her gown and petticoat, but she had no shift. The fever had not bereaved her of her senses, she was perpetually moaning out, “I shall die of thirst; pray give me some water to drink.” Near her stood another girl, about

four years old, barefooted: her whole covering was a loose piece of petticoat thrown over her shoulders; and to this infant it was that her sister was crying for water.

I now experienced how greatly the sight of real misery exceeds the description of it.

What a contrast did this scene exhibit to the plenty and elegance which reigned within the extent of a few yards only! for this miserable receptacle was opposite to the stately edifice of an honourable alderman, and still nearer were many spacious houses and shops. I have observed that the daughter, who was stretched on the floor, was still able to speak. She told me that something was the matter with the mother's side, and asked me to look at it. I turned up an edge of the blanket, and found that a very large mortification had taken place, extending from the middle of the body to the middle of the thigh, and of a hand's breadth; the length was upwards of half a yard, and to stop its progress nothing had been applied. It was a painful

## IMMEDIATE EFFECTS OF POVERTY. 9

painful sight to behold; and many not less painful exist in this metropolis. I procured medical assistance immediately, and for a trifling gratuity got a neighbour to nurse the family. The churchwarden, to whom I made application, heard their history with concern, and added his humane aid, to rescue from death a poor and almost expiring family. I have, however, the pleasure to conclude this relation of their unspeakable distress, by communicating their total deliverance from it; which, I think, may be justly attributed to the timely assistance administered.

LONDON, JAN. 6, 1780.

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## CONCLUSION OF THE PRECEDING \*.

WHEN an account has been communicated to the public, accompanied with such peculiar circumstances, as to excite attention, or demand assistance, the public have a claim to every explanation respecting the

\* Gentleman's Magazine, vol. L. p. 263.

help

help afforded, and the benefit produced; but where benevolence and humanity have been peculiarly interested, such information is indispensably requisite, in order to obviate any suspicion of deception, and thereby encourage the future exertions of public generosity. The case I would particularly allude to, was inserted in your Magazine for January last, giving some account of a poor family in such extreme distress, that they must have perished, had not immediate succour been extended, which, in justice to the community, was speedily and abundantly applied. The assurance that a happy change in the situation of this family has since taken place, I thought would convey pleasure to many of your readers, and exhibit a striking instance of the favourable estimation in which your Magazine is held by the public. I am persuaded also, that the well-timed relief which this family has in consequence experienced, was not the only good effect produced. As the distress of many of the poor throughout the nation, and particularly in the metropolis, has increased from various causes, to extreme misery,

misery, a disposition to beneficence has been proportionally excited in those of superior situations; and where want has crept into the habitations of the poor, charity has been animated by a divine ardour, to pursue and expel the unfriendly intruder. When the present exigencies of the times are considered, it is not a matter of surprize, that a poor man with a large family, from want of employment, or by the visitation of sickness, should be reduced to extreme indigence. This, however, is gradually incurred; the first step towards poverty, with only trivial aid applied in the infant, is easily reclaimed, and progressive descent prevented: but as distress encreases, the difficulty of obviating it is augmented; it is therefore of the utmost importance to the community to close the wound, on the first application, with the oil and the honey, before it cankers, and becomes incurable. This was the conduct of the good Samaritan, who, without enquiring into the particulars, or after the country of the traveller, generously administered relief. It is this kind of attention to the first appearances of want, that



that enables a religious society to boast, that there is not one distressed person in their community unnoticed or unrelieved. I have often lamented that such a system of conduct, which has uniformly succeeded for upwards of a century, has not been adopted more generally in parishes. On the contrary, the poor supplicant, instead of finding pity and protection, is too often repulsed by those who hold the power of relief in their hands, with threats of a workhouse, if they renew their petition, and again urge their necessities. — There is a love of freedom in the human breast; it is the birth-right and boast of an Englishman, who ill brooks unmerited restraint. A man with such feelings, when oppressed with unavoidable want, is apt to ascribe every instance of neglect to a contempt of his poverty, and thus chagrin of mind is added to his other miseries. It is therefore the duty of those in higher stations, to treat the poor with peculiar tenderness, even where they cannot grant their requests; and with respect to persons entrusted with the care and provision of the poor in parishes,

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the immediate extension of relief, when first required, would not only render the distressed object happy; but eventually save accumulated expences to the community; it would enable him at an easy rate, to stem the present torrent; encourage him to future exertions of industry; and thus preserve him from becoming a lasting burthen to the parish, and a real loss to the public. Though I have mentioned freedom as the birth-right of an Englishman, I would be far from defending the least appearance of licentiousness among the labouring poor; but when we consider the immense importance of this class of people, their executive powers in manufactures, in commerce, in arts, and in bodily labour, which are great national concerns, we cannot be too cautious of depressing this love of independence, the genuine fruits of which are virtue, industry, and public spirit. Indeed our happiness requires us to make this part of our fellow creatures happy, as there is no possibility of intentionally rendering others happy without rendering ourselves so; neither is it possible to procure happiness for  
our-

ourselves, without first procuring it for others. Happiness therefore is reciprocal, and is of all things the most easily purchased; for beneficence is the source of all happiness, and the occasions for exercising it are innumerable.

SECTION

THE NEW  
PUBLIC LIFE  
BY THE  
NEW YORK  
SOCIETY OF  
PUBLIC RELATIONS



*Benjamin Count Rumford.*

*F.R.S. V.P. P.R.I. Acad. R. Berol. Elect. Boticae et  
Palat. et Amer. Soc. &c.*

## SECTION II

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### H I N T S

RESPECTING THE  
DISTRESSES OF THE POOR,  
IN THE YEARS 1774, 1775.

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### P R E F A C E

*THE* *scarcity of the winter of 1774,*  
*added to the increased expence of every article*  
*of subsistence, and particularly of bread, induced*  
*the Author to lay the following Hints before*  
*the public, with the view of alleviating the pre-*  
*vailing distresses of the poor.*

*These however will not prevent the necessi-*  
*tation, therefore, of these Hints, they are as useful*  
*as heretofore; and inserted from the public con-*  
*cern.*

*cumstances of the times, they may continue to be useful long after the Author shall have ceased to be so. Although the restoration of peace, and better crops of corn, may afford some melioration of distress; yet a degree of it, much greater than what the poor ever experienced prior to the war, will most probably be severely felt. About four millions a year must be annually raised upon the public, more than was paid antecedently to this scourge of human kind. Taxes may primarily be laid on articles of luxury, or on the opulent, but ultimately the burthen becomes felt by the whole community; the great mass of which forming the chief consumers, pay the principal share of every impost.*

*Perhaps the following Queries and Answers may exhibit in an obvious point of view the magnitude of that debt, to pay the interest of which, the taxes so severely felt, are annually levied.*

## I.

Supposing the national debt at present to be 309 millions of pounds sterling, and that the whole

**DISTRESSES OF THE POOR. 17**

whole were to be counted in shillings; that a man could count 100 shillings per minute, and go on at that rate for twelve hours every day till he had counted the whole.

*Question.* In what length of time could he do it?

*Answer.* 269 years, 219 days, and 20 hours.

**II.**

The whole of this debt being 7800 millions of shillings, and as 62 shillings make a troy pound—

*Question.* The weight of the whole?

*Answer.* 125 millions, 806 thousand, 432 troy pounds.

**III.**

As the breadth of a shilling is one inch, and an acre of ground contains 43,560 square feet, or 6,272,640 square inches—

*Question.* How much ground would it require to lay the whole national debt upon in shillings, close to one another's edge?

*Answer.* 1243 acres and a half.

**IV.**

Supposing a man could carry 100 pounds weight from London to York—

**VOL. I.**

**C**

*Question.*



*Question.* How many could carry the whole ?

*Answer.* 1 million, 258 thousand, and 64 men.

## V.

Supposing all these men were to go in a line, and keep two yards from each other—

*Question.* What length of road would they all require ?

*Answer.* 1429 miles, half a mile, and 210 yards. But England is not a third of that length, even from Berwick to Weymouth.

## VI.

Supposing the interest of this debt to be only three and a half per cent. yearly—

*Question.* What does the whole debt amount to ?

*Answer.* 13 millions, 650 thousand pounds sterling, which is paid every year.

## VII.

*Question.* How is this interest paid annually ?

*Answer.* By taxing those who lent the principal, and others.

## VIII.

*Question.* When will the whole principal be paid ?

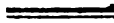
*Answer.*

*Answer.* When there is more money in England's treasury by three-fold, than there is in all Europe.

IX.

*Question.* When will that be ?

*Answer.* Never.



H I N T S, &c.

**N**OTHING contributes more effectually to the establishment of good government among the middle and lower ranks of the community, than that species of equality which enables every man by his industry to procure, at all times, the necessaries of life. Without entering at present into the sources of these difficulties, which the poor, even the industrious poor, of this country labour under; it must be obvious to every considerate person, who is placed in a situation superior to this class of the community, and who minutely calculates his own expences, that, with the

utmost industry, the labouring man must find extreme difficulty to preserve his family from the miseries of real want, not only of the comforts, but even of the necessaries of life.

Many labouring men do not earn above eight shillings a week, whilst some individuals may earn a guinea; but happy is the labourer who, upon an average, makes half a guinea a week, or twenty-six guineas a year; and many of the poor have a wife and four or five children to maintain. I know it is often urged, that the poor are improvident, and never avail themselves of opportunities of saving a pittance to provide against times of difficulty; such as, being out of work, visited with sickness, or assailed by the rigours of winter. I acknowledge that too many come under this description; but let it be remembered, that one drunken or profligate man makes more noise, and becomes more conspicuous, than a thousand starving, modest, industrious, and worthy persons; as one eclipse of the sun attracts more observation than the annual brightness of this luminary;

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and

and cruel would it be, as it is unjust, to censure a whole class for the misconduct of a few individuals. With equal justice might the whole female sex be censured for infidelity; because a few worthless women of rank acquire more notoriety by misconduct, than a thousand of the most amiable women by their virtues: for true worth seeks obscurity rather than publicity; and I will venture to add, that female virtue, and chastity of manners, never prevailed at any period in this kingdom, more than at the present time.

To return to the state of the poor: let him who censures their improvidence reflect upon his own expences; ask himself what he expends on coals, on clothes, on washing, on house-rent; nay, let him only calculate what he spends for bread alone, an article in which there is rarely much waste; and he will then wonder how a poor man, with half-a-guinea a week, feeds and clothes a family, pays rent for his apartment, buys a few coals, and contrives to exist. This wonder will be increased, if he take into consideration, that by exper-

sure to all kinds of weather, sickness often supervenes, and every resource is, in a moment, annihilated. I shudder whilst I reflect what a dreadful prospect is presented to a tender wife and famished children! Against such may the hand of affluence never be shut! And if ever there existed a nation more humane and generous than another, it is this, where relief of every kind is dispensed with a liberality which characterizes it as much for its humanity, as for its wealth. But though there is much wealth, there is also much indigence; and the severity of winter, which stops the employment of any labouring man, has nearly the same effect on him, as if sickness had confined him to his bed; and, without succour, his family must be famished. If to these be added an increased price of bread, beyond the reach of his earnings, supposing him capable of working, his misery is still inevitable, without immediate aid\*.

This

\* Soon after the first edition of this Tract appeared, the interesting work, by David Davies, rector of Barham, Berks, intitled, 'The Case of Labourers in Husbandry stated and considered,' came under my observation. It exhibits numerous

This is the precise state of many poor people at the present moment ; and laudable are the

merous calculations, made in different parts of the kingdom of the expences of subsistence among the labouring poor, which clearly demonstrate that the annual expences of several classes of them exceed their annual income or earnings. These calculations were made about six years ago, when the times were even more favourable to the poor. In these calculations certain contingent expences are omitted, as consequent on sickness, accidents, &c.

A performance, intituled 'A Proposal for a perpetual Equalization of the Pay of the labouring Poor,' made its appearance just as this was going to press; the author calculates the pay of labour by the price of wheat. "Six shillings being assumed as the ordinary price of a bushel of wheat in the time of peace, and in seasons of usual plenty; let the pay of a day-labourer be apportioned to that, and fixed, never on any account to vary. For instance, the daily pay of a labouring man, in the parish and neighbourhood in which this was written, was one shilling a day, until about two years ago, when, in consideration of the increased price of bread, two pence were added to it. Let one shilling therefore per day, or six shillings per week, be taken as the established and fixed price of ordinary day labour." He adds, "let the addition which is made to their pay be given as a separate article of account, and called a *gratuity*. Whenever the price of wheat is at six shillings per bushel, or at any price below six shillings, let the day-labourer receive his pay without any addition. When the price exceeds six shillings,

the exertions every where making to avert a catastrophe dreadful, even in idea, of starving

let him receive a gratuity, besides his pay, in the proportions given in the following

T A B L E :

Price of a bushel of wheat.			Gratuity.	
s.	d.		s.	d.
6	0	} The daily pay being one shilling per day, the corresponding gratuity will be	0	0
6	6		0	1
7	0		0	2
7	6		0	3
8	0		0	4
8	6		0	5
9	0		0	6
9	6		0	7
10	0		0	8
10	6		0	9
11	0		0	10
11	6		0	11
12	0	1	0	

This table is succeeded by others, to suit different kinds of labour, but it does not make more provision for a married man with children, than for a bachelor.

If every labouring man being a bachelor, or married man without a child, were to pay one halfpenny in the shilling of their earning into a parish fund, it might, perhaps, be sufficient to clothe annually every married man, his wife, and their children, in the same parish, provided they have three children, or upwards. This would, probably, prove an effectual method of equalizing labour with the expences of a family. Another fund might be formed by a tax of one shilling on every dog.

The

ving in a land of wealth and luxury \*. My intention in writing these hints is, to impress upon the public, that much real, inevitable distress

The author of the preceding table mentions the practice of a very intelligent and worthy clergyman, his friend and neighbour. "It is, to construct ovens for the poor of his parish, and to supply them, when used, with fuel; the expence of which, to the poor, would be but trifling, compared with the process multiplied by the same number of individuals baking for themselves, especially in countries where fuel is scarce." Page 23.

In a pamphlet lately published by Dr. Barry, intituled, "On the Necessity of adopting some Measures to reduce the present Number of Dogs," he supposes, that a tax on them of five shillings each, would produce an annual revenue of 400,000*l*. This exaggeration is noticed in the Critical Review, vol. XV. p. 336. But the writer of it, on the other hand, under-rates the consumption of food by dogs: every pack of them, consisting of sixteen couple, annually consume four tons of oatmeal, and forty hundred weight of biscuit. The destruction they make among sheep is no inconsiderable loss. The product of this moderate tax, of one shilling on each dog, might be appropriated to portion out poor girls on marriage, or to settle young men in farming. To promote early marriages, and subsistence for the offspring, are objects worthy

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\* This was written in the late hard winter of 1734-5. And no winter is so mild as not to render the observation in some degree applicable.



distress actually prevails among the virtuous poor, and that charity cannot be exercised more piously than at this season, when the price of bread, and of all the necessaries of life, is much increased,

The plan of buying food, fuel\*, and clothes for the poor, whose little pittance does not enable them to go to the best market, is truly laudable, and may save thousands from debt, famine, and death, until better weather and better times may afford them other means of support. Never be weary, humane citizens, in the godlike work of averting misery

worthy of a wise government; and any government is capable of annihilating the misery of the poor. If the tax should lessen the number of dogs, it might at least have this good effect, of proportionally lessening the number of mad dogs, for whose bite no effectual remedy has yet been ascertained.

\* \* Since this pamphlet was first printed, a tax on dogs has actually been laid by Act of Parliament.

\* As the poor of London suffer much in winter from the high price of coals, it might become a laudable institution to authorize the churchwardens, or certain humane persons in each parish, to buy in a stock of coals when cheap, and sell them to the poor at prime cost in seasons of distress.

from,

from, and administering comfort to, the poor man, his industrious wife, and their helpless children !

But I cannot here avoid noticing some acts, *intended* as acts of charity, which appear to me not only useless, but even injurious to those for whose benefit they are designed. It is not unusual for the opulent in rigorous seasons of the year to treat the poor with a whole ox or oxen, and regale them with hogsheds of ale. I doubt not but they get well replenished for the day; but, alas! the day of feasting only makes them feel more poignantly its reverse, the day of fasting. It neither tends to good morals, nor to persevering industry; but, on the contrary, is destructive of both. Much more charitable would it be, to expend the money which the donation of oxen and ale would cost, in fuel, warm clothing, and other necessaries, which would last beyond the day of feasting and fulness, and warm the indigent with comfort through the winter. Ye opulent and great in the land, whilst I respect your intentions,  
permit

permit me to direct your beneficence into channels of real charity, to the permanent succour of distress and pining want \*.

*A re-*

\* Consult 'A Letter to Sir T. C. Bunbury, Bart. on the Poor's Rates, and the High Price of Provisions, with some Proposals for reducing both. By a Suffolk Gentleman.'

The Monthly Review, vol. XVIII. N. S. p. 318, gives the following account of this performance. "The intelligent writer of this pamphlet regards, as the cause of many public evils, the practice of uniting several small farms into a large one, and the consequent failure of the race of independent yeomanry, who formerly cultivated their own farms, from forty to fourscore pounds a year. The mischiefs resulting from this practice are clearly laid open, and a plan is suggested for reducing the Poor's Rates, and the price of provisions, which may merit the attention of the public. It is briefly this; that every owner of land, to the amount of one hundred pounds a year, within three miles of a populous market town, should build and let a cottage, with at least an acre of land adjoining. The immediate advantage to the public which the author expects from this project, are the increase for sale of many of the small articles for house-keeping, and the reduction of the Poor's Rates. As a more remote consequence, he expects the revival of the old system of small farms."

With respect to the price of labour, there seems to be singular difficulty in appreciating it. As the times now are, a single man may live comfortably with the present price of labour;

*A religious society*, consisting of about fifty thousand members, for the most part of the middle and lower classes, has existed in this country upwards of a century, in which, abject poverty is the condition of none. Surprising as it is, that a sect debarred, by restrictions in government, from enjoying any public office or emolument, and from sharing its pensions, perquisites, and sinecures, should have formed a constitution, that prevents the misery of want, in the midst of poor's rates amounting to four millions, three hundred

labour; but a man, with a wife and four or five children, cannot possibly be decently supported. Perhaps the best method would be to exempt every married man with three children from certain taxes, or give him some allowance from the county, in proportion to the number of his offspring.

Farms, however, should not be too small, as each will require a team, and very small farms will not afford the expence. As one horse consumes the produce of as much land as would subsist a family, every horse that is kept may be said to annihilate a family, or eat up the support of one; an additional distinct tax, therefore, of about a shilling on every horse, might be appropriated solely as a premium for keeping oxen, where oxen can be kept with advantage.

thousand

thousand pounds a year \*, of which they do not partake : it is still more surprising, that the community at large, seeing this, and feeling the weight of taxes, should never have inquired of this sect, " Tell us your system ! " At the same time, this system is comprised in two words, PRINCIPIIS OBSTA,—*remove the cause of distress in its commencement.* A prominent part of this system I shall explain. The moment any individual of this society applies for relief, two persons in the respective meeting are appointed to visit him, and to administer such aid as the nature of the case may require. If the object of distress be a female, two of her sex are deputed to pay this charitable visit ; and sometimes a fa-

\* Were a tax upon all batchelors, except labourers, apportioned to other taxes they respectively pay, as five shillings, or any other sum in the pound, rising five shillings in the pound, every ten years, or one shilling in the pound every year, after the age of twenty-one, till a certain period of age, it might afford a substitute for the poor's rates. Married men having no children should be included ; and, perhaps, a smaller tax on those having only one child, but never to extend to those having three. Or, to simplify such a tax, the parochial rates might be encreased to batchelors, and this additional tax applied to the extinction of the poor's rates.

mily

family in want is cheered by the united attention of both sexes.

Sudden distress, in poor families, may arise from sudden illness; and by a moderate temporary relief, in the season of affliction, subsequent aid is rendered unnecessary; but from whatever source it may arise, when a person becomes involved in distress, unless that distress, and the cause of it, be early removed, accumulated misery ensues, and the result usually is a workhouse; or, what is still worse, intoxication to drown care, or dishonesty in the desperate hope of overcoming it. Bad indeed is the best; for, in general, the moment a family is so involved by the miserable policy of the present poor-laws, as either to starve, or to enter the doors of a poor-house, all pride of independence, resulting from industry, is annihilated; that kind of independence which is the boast of an Englishman. Every passion that gives energy to soul and body seems buried in the common wreck of his independence; his offspring imbibe the

*issue*

same *inertia*, and a mean, beggarly, squalid race is generated, doomed to become a burthen to themselves, and to the community, as long as the same policy is pursued. This subject, however, I now relinquish, to be resumed in a future essay.

The *principiis obsta*, as already observed, implies the immediate attention to distress, which, by early removal, prevents its subsequent evils. To this end, it would be adviseable to institute a society in every parish, or even in smaller districts, of the inhabitants of both sexes, to receive the applications of any individual in the district, who may have lived above parish aid; but who, from sickness, or other unforeseen event, may want temporary assistance; and to administer such relief as the pressure of distress may require, agreeably to the plan adopted by the sect alluded to.

By such superintendance of the opulent over the indigent, the number of parish poor would gradually be lessened.

When

When an individual of a large community falls into distress, less attention, in proportion, is paid to his particular case. It would therefore afford the exercise of more active humanity, were societies formed in small districts; and in every society, one of each sex should be deputed every month to hearken to the voice of misery, and to endeavour to administer relief.

By this pious superintendance, the rich would see the distresses of their poor neighbours, and learn, in this school of active morality, the ungrateful enjoyment of their superior blessings, and the habitual exercise of Christian charity. To see gentlemen entering the hovel of the poor man, and ladies sympathizing in the chamber of the poor woman, would elevate the dignity of human character; and whilst it checked poverty, it would tend to promote a virtuous industry to overcome it by industry.

It may be urged that many of the poor are too depraved to merit attention of this



kind, which would be administered in vain. From an extensive knowledge of the subjects of human infelicity, I am convinced that few individuals are so depraved as to become irreclaimable by kindness. The lion will lick the hand of him who draws the thorn from his foot. Were the plan, however, of early relief once adopted, this hardened state would not be acquired; for depravity is not habitual, where oppression is not permanent. There is no expression more illustrative of the character of Christ, than the epithet contemptuously applied to him, "*Behold the friend of publicans and sinners.*"

I may here advert to an order to lessen the price of bread, forbidding the barbers from using flour instead of hair powder made of starch, under a penalty of ten pounds. Were the barbers to use starch-powder alone, the product of their industry would not enable them to live, and above one half of them are not each worth the penalty to be inflicted; so that if this old act, recently revived, were put into execution as generally as it is now eluded,

cluded, the prisons would be crowded with more accumulated misery than now exists.

Happy for the poor perhaps it is, that this act does not restrain the barbers and hair-dressers from mixing about four pounds of wheat-flour with one pound of starch, otherwise the destruction of wheat-flour would become a more serious evil; for, as full two pounds of wheat-flour are destroyed in manufacturing one pound of starch; it follows that, were the barbers and hair-dressers to use starch-powder alone, agreeably to act of parliament, twice the quantity at least of wheat-flour would be consumed upon the head, instead of replenishing the stomach. It would therefore be much more humane in the legislature to pass an act immediately, forbidding the barbers from using starch at all, and confining them, if powder must be used, to flour alone; and at once, generously and humanely submit to forego the duties on starch, till the return of better times for the distressed poor. If, instead of roasting bullocks and squandering strong beer for one unhappy day of

feasting them, the great men and women of the land would allow their hair to be cherished by nature, and totally relinquish the dirty fashion of starch and grease, the poor might really experience the benefits of their forbearance of a custom, filthy to clothes, and abstractive of personal charms. Till then, all the heavy excise duties, and improvident revenue acts of parliament, respecting starch and wheat-flour, are perhaps destructive of the very end proposed—the feeding the poor with bread. Previous to passing the hair-powder bill, it appeared, by the accounts from the Excise-office laid before Parliament, that 8,170,019½ pounds of starch were manufactured in Great Britain in one year. The minister at the same time stated the number of hair-dressers to amount to 50,000. The author \* of a letter to him supposes, from these facts, that, if each hair-dresser used only one pound of flour a day, it amounts on an average to 18,250,000 pounds in one year, or 5,314,284 quartern loaves, at

\* John Donaldson, Esq.

the wheat allowance is 2-1/2 bushels a ton for a quarter ton: and ~~improving~~ but four times this quantity of flour may be used to dress their own flour. And ~~those~~ who are protected flour-merchants will make 25-1/2 per cent profit: none other business being added, amount in all to 3-1/2 per cent profit leaves at 9d. each, which is 1-1/2 times the present price, and amount to 1-1/2 per cent pounds sterling\*.

But as every hint for immediately diminishing the consumption, and consequently the price of flour, is of more or less utility. I cannot conclude without recommending the use of potatoes as a partial substitute for bread. Indeed, a well-baked or roasted new potato is at once a little more and forms the cheapest substitute for that of wheat.

\* Dr. Beccaria, professor in Padua, in his *Medico-Economical Inquiry, concerning the Properties and Effects of pure and adulterated Flour-Powder* publishes a table, calculates that four bushels of wheat are annually consumed in this manufacture, in a country inhabited by 1000 persons, if only a thirtieth part of them use it.

If an union, however, of this vegetable, with flour, be desirable, one-fourth of potatoes in the loaf renders it equally pleasant and wholesome as if the whole were of wheat; I speak from indubitable experience. This was about the proportion of potatoes recommended by the late Dr. Fothergill. I have eaten a pleasant bread made of equal quantities of potatoes and wheat-flour: with the addition of a small proportion of ground rice, which prevents the crumbling of the bread, it is rendered still more useful in a family.

T. Bernard, Esq. treasurer of the Foundling Hospital, during the scarcity of wheat in 1795, recommended it to that institution, to substitute rice-puddings for those of flour. The flour-puddings had taken 168 pounds of flour; the rice-puddings required only twenty-one pounds of rice, to make the same quantity and weight of pudding. The result was, that one pound of rice went nearly as far as eight pounds of flour. The use of these puddings have ever since been continued at the hospital. The saving of money to the hospital

tal has been above 200l. a year, and the saving to the nation 17,472 pounds weight *per annum* of flour.

## RECEIPT,

Boil a quarter of a pound of unground rice, till it is quite soft; put it on the back of a sieve to drain it, and when cold mix it with three quarters of a pound of flour, a tea-cup full of yeast, a tea-cup full of milk, and a small table-spoon full of salt. Let it stand for three hours; then knead it up, and roll it up in a handful of flour, so as to make the outside dry enough to put into the oven; about an hour and a quarter will bake it. It will weigh 1lb. 14oz. and will keep eight days. It should not be eaten till it is two days old.

To make rice-bread, whole rice boiled answers every purpose nearly as well as the flour of it, as has been noticed. Two pounds of rice when boiled weighs four pounds; it may then be kneaded with wheat-flour, or the meal of oats, barley, or rye, or different

proportions of them ; with the usual additions in making bread, affords excellent loaves ; the above quantity of rice requires about a pint and half of meal or flour. In London, natives of different counties are attached to different kinds of grain ; and by this familiar mode of manufacturing bread, every palate may be gratified.

Rice in every composition is wholesome, and in the composition of bread is very productive, as has been experienced in the following proportions : The rice is previously boiled for ten or twelve minutes in three times its weight of water, which is put to it cold. Thus ten pounds and a half of flour, the quantity used in three quartern loaves when made into dough, with one pound and a half of whole rice so prepared, and the produce will be six loaves instead of four.— Hereby a saving will be made of three pence in the quartern loaf, valuing the rice at 6d. per pound, after paying the baker for his trouble, and the consumption of the corn will be reduced nearly one half. One pound

pound of rice, one pound of barley-meal, a quarter of a pound of treacle, and one ounce of salt, boiled in two gallons of water, over a slow fire, make sixteen pounds of nutritious food: the whole cost amounts to nine pence,

In the APPENDIX TO THE REPORT FROM the Lords Committee, to which I was referred to consider the manner of his Majesty's speech, as relates to the *Letters of Introduction* 1800, there are enumerated various methods of preparing rice, not very differing from the preceding; but as they contain different proportions in the ingredients of each of preparing them, I have copied some verbatim.

APPENDIX, No. 2

UNDER RICE ARE ADDED THE SEVERAL METHODS OF PREPARING IT.

(A) Mixed bread of rice, wheat-flour, and bean-flour, made in Gloucester. The price of  
 100,



rice, ten of bean-flour, fifty-six pounds of wheat-en-flour, produce good wholesome bread.

(B) Rice mixed with wheaten-flour in bread.— Where the wheaten-flour is very good, and great attention paid to the mixture, one pound of boiled rice and three pounds of flour will produce seven pounds of bread; but, in general, one-fifth rice is the best proportion.

The best mode of preparing it is as follows: Set the sponge with six pounds of flour, and one-third of a pint of well-settled yeast, mixed with a pint of warm water; put it in a warm situation to ferment; then wash two pounds of rice, and set it to boil in two gallons of water; when it boils and thickens, pour in more water, to prevent the rice from sticking together, and when it is perfectly tender, and fully saturated with the water, without running together, straike it on a coarse sieve or cullender. The rice will require about an hour and half for the boiling; and when it is cooled to the temperature of new milk, which will be in about an hour and half more, the sponge will be duly risen to be formed into dough with it. Knead the whole then well, and work in by degrees a handful of salt, and four pounds of flour. Leave the dough to rise for

two hours; it will then require about another pound of flour to make it into four stiff loaves; put them quickly into the oven, and bake them nearly three hours. The bread will keep moist eight or ten days, and ought not to be eaten till two or three days old.

(C) Rice with milk, used at the Foundling Hospital since 1795.—Soak the rice over-night in water; bake twenty-four pounds of rice with eighteen gallons of milk, and six pounds of treacle.

(D) Sweet rice-pudding, which has been given to labourers in the county of Surrey.—Put a pound of rice in five pints of cold water, and boil it gently for two hours, by which time it will be of the consistency of thick paste: then add two pints of ~~four~~ milk, and four ounces of treacle, and boil the whole very gently for another hour; it will produce near nine pounds of sweet rice-pudding.

(E) A preparation of ~~farine~~ rice without milk, used at ~~Dorchester~~, and in ~~Guernsey~~.—Put one pound of rice and three pints of boiling water, let it ~~stand~~ ~~for~~ ~~twenty~~ ~~minutes~~, and skim the water, and ~~add~~ ~~the~~ ~~same~~ ~~quantity~~ ~~of~~ ~~rice~~ ~~to~~ ~~it~~.

and a little salt and allspice, and let it simmer gently over the fire closely covered for an hour and quarter, when it will be fit for use. If it is to be kept, it should be set by in an earthen pan, covered with a wooden cover. It will produce rather more than eight pounds of savoury rice. It is not necessary to strain the rice,

(F) A composition of barley and rice, producing more food than ten people can eat.—One pound of rice, and one pound of Pot, or Scotch barley, two gallons of water, boiled for four hours upon a slow fire, and kept constantly stirring; and before taking off the fire, add four ounces of sugar, and sometimes an ounce of salt.

(G) Substitute for oatmeal porridge, at little more than one-third of the expence. Between eight and nine hundred persons have been fed with it for a week, and it has been found to answer.—One pound of rice, one ditto barley, one quarter of a pound of treacle, one ounce of salt, two English gallons of water. The rice and barley to be boiled on a slow fire for four hours, the rest to be added for seasoning: the result will be about sixteen pounds of good porridge.

(H) Boiled

(H) Boiled rice-pudding, recommended by the Society for bettering the Condition of the Poor.— Boil a pound of rice in a pudding-bag, tied so loose as to be capable of holding five times the quantity; it will produce five pounds of solid pudding. This is not given as the preferable way of preparing rice; but it serves to shew its increase by dressing.

(I) Rice and barley-porridge, by the same.— Put one pound of rice and one pound of Scotch barley into two gallons of water, and boil them very gently for four hours over a slow fire; then add four ounces of treacle and one ounce of salt; and let the whole simmer for half an hour more. It will produce sixteen pounds in weight. This is much used at Montrose, and in some other parts of Scotland; and has been greatly approved.

(K) Macaroni rice, by the same. Put a pound of rice into five pints of cold water, and boil it gently for two hours, by which time it will be of the consistency of thick paste; then add two pints of skim-milk, and two ounces of strong Cheshire cheese, grated pretty fine, and a little pepper and salt, and boil the whole very gently for another hour. It will produce nearly nine pounds of macaroni rice.

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Many families for a series of years have used chiefly potatoe-starch. After peeling the potatoes, they are grated, and the fæculæ washed off by nine or ten washings of clean water, or till no fæculæ arise; the residue at the bottom of the vessel, when dried by the fire, forms starch. The Maranta or Arrow-root of the West-Indies, a food common with the Negroes there, has been recommended as a substitute for the starch of wheat.

The late J. Cook, of Barking, favoured me with the following receipt of potatoe-bread, in use in his own family. "A quantity of potatoes is boiled in the skin, over a slow fire, by which they fall to pieces throughout more effectually. After long boiling, they are peeled, and the most mealy selected; these are well bruised by a broad wooden spoon; and equal quantities of this and flour by weight are kneaded up with yeast for the oven. To take off the bitterness of the yeast,  
a small

a small quantity of bran and milk, with a little salt, are added to it: these, after standing about an hour, are run through a hair-sieve."

Probably the milk may add to the whiteness, for the potatoe-bread I ate was as white as wheaten standard-bread, and is found to make the bread eat shorter and pleasanter, for without this addition the bread tastes a little bitter.

It may be proper to observe, that after the whole is kneaded into dough, it is laid on the hearth before the fire, placed on a dish, and lightly covered with a cloth about an hour, which promotes a kind of fermentation, and renders the bread lighter in eating.

The Board of Agriculture has published the following receipt: "Choose the most mealy sort of potatoes, boil and skin them; take twelve pounds, break and strain them well through a very coarse sieve of hair, or a very fine one of wire, in such a manner as to reduce the roots as nearly as possible to a state

state of flour; mix it well with twenty pounds of wheaten flour; of this mixture make and set the dough exactly in the same manner as if the whole were wheaten flour. This quantity will make nine loaves of about five pounds each in the dough; and when baked about two hours will produce forty-two pounds of excellent bread."

The following receipt of Dr. Fothergill, is copied verbatim:—"Take two or three pounds of potatoes, according to the size of the loaf you would make, boil them as in the common way for use; take the skin off, and, whilst warm, bruise them with a spoon, or a clean hand does better; put them into a dish or dripping-pan before the fire, to let the moisture evaporate, stirring them frequently that no part grow hard; when dry, take them up and rub them as fine as possible between the hands; then take three parts of flour and one part of the prepared potatoes (or equal quantities of each will make good bread) and with water and yeast make it, as usual, into bread. It looks as fine as wheaten bread, and tastes agreeably; it will keep moist near a week, and  
should

should not be cut into small pieces, but otherwise it will not ferment properly because of the moisture which the sugar give it. Never cut potatoes with a knife, either saw or mangle, but rub them with the hand if possible, & they will be soft &c.

In December, 1785, was held a 3rd anniversary meeting of the West of England Agricultural Society, when the following method of making potato-bread, of which a specimen was produced in the society, met with general approbation. To one stone weight of flour, put half the weight of potatoes; let the potatoes be well washed, water, and mashed; mix them up with flour whilst warm, then add the yeast, and proceed as in the common method, observing to make the bread as dry as possible.



and palatable. The following experiment will shew the increase of bread to be obtained from the mixture of potatoes:—eighteen pounds of flour, without any mixture, made twenty-two pounds and a half of bread:—eighteen pounds of flour, with nine pounds of potatoes, made twenty-nine pounds and a half of bread\*.”

“Seven pounds of bread are gained by nine pounds of potatoes. The flour employed was three-fourths wheaten and one-fourth barley-flour; the bread excellent †.”

That

\* This is different from all my experiments; for on baking dough of equal quantities of flour and potatoes, of the weight of twelve pounds, the loaf on being taken from the oven never weighed more than nine pounds. Lest some deception might have occurred, different bakers were employed, but the result was the same; had the loaf been of flour alone, it would have weighed about eleven pounds and a half.

† A gentleman in the country informs me, that the following method of making potatoe-bread has been successfully introduced into his family, “Take fourteen pounds of potatoes, boil them in the skin, then peel and crush them well, adding boiling water, till they form a stiff glutinous

That humane and excellent character, Admiral Waldegrave, now Lord Radstock, in a letter dated Portsmouth, October, 1795, gives the following receipt for making potatoe-bread.

“ Take sixteen pounds of large mealy potatoes, boil them well, and break them in pieces. They must be then set out in the open air for half an hour, that the watery particles may evaporate; then rub them in with twenty-eight pounds of flour, till all the lumps are reduced; after which, mix a proper portion of yeast, and knead it into dough.

pulp: when this is cooled to new milk warmth, add two table-spoonfulls of yeast; mix them well, letting the whole stand near the fire in a wooden dish (as wood seems more friendly to this fermentation than earthen vessels) for an hour or two, till the whole assumes the appearance of a large quantity of yeast; to this add fourteen pounds of good sound wheat-flour, and as much warm water as will make the whole into a stiff paste, letting it stand, as is usual, to ferment a proper time; but the fermentation goes on so rapidly, that it will generally receive three or four pounds more of fresh wheat-flour, when the bread is made up into loaves for the oven.”

“ This is for a large baking ; but may be reduced by only allowing two pounds of potatoes to three pounds and a half of flour, or six pounds of potatoes to eight pounds of flour \*.”

“ We are now making bread of equal proportions of flour and potatoes. It answers admirably.”

Dr. Johnson, in his letter to the Admiral, dated Haflar, October 19, 1795, observes, that he has made trial of the potatoe-bread, in the proportion of three pounds and a half of flour to two pounds of potatoes, and found it preferable (from the concurrent testimonies of many who tasted it) to the finest baker's bread ; and, after keeping it four days, retained its lightness, and acquired no acidity.

In some of the northern counties of England, it is customary in several families to

\* “ The weight of the potatoes here considered, is in its state just previous to its being mixed with flour.”

make pies of standard dough, and to fill the inside with sliced or mashed potatoes, and a layer of bacon, or any spare meat; when well baked, it affords wholesome food, and is, perhaps, the cheapest hitherto used.

A friend of mine has informed me of the experience he has had in his own family, of the superior advantages of pies, in preference to roasting or baking. Four pounds of mutton were made into a pie, with one pound and a half of wheat-flour; this pie, with eight ounces and a quarter of bread, dined eight persons fully; whilst three pounds three quarters of mutton roasted, with two pounds one ounce of bread, dined only five of the same persons: which prove, that baking pies is a cheaper way of using meat than roasting, and (which at this time is of great importance), it consumes less flour\*.

### Boiling

\* It was I think impolitic, to enter into combinations, as some members of administration and many opulent persons in London have done, to eat no pastry at all, though the motives were certainly laudable. In boiling meat, except the

Boiling meat instead of roasting it, would afford a great saving in expence, and gaining in nourishment. In roasting there is always unavoidable waste, which there would not be in boiling, particularly in fat or bony meat, by boiling which every part becomes eatable. The liquor in which the meat is boiled, with the addition of a little oatmeal, barley, pease, or (which is best of any) rice, and a few herbs, would make excellent soup. A writer adds upon this subject, that his family made from three pounds of beef, three pints of pease, and a few herbs, eight quarts of rich soup. This, without any thing more in addition, would have served this family to have dined twice. The same quantity of beef in steaks (with potatoes and bread, amounting

liquor be saved for broth or soup, a considerable diminution of the meat may be observed; and perhaps still more loss is sustained by roasting; but in the form of pies, nothing is lost, whilst in reality less flour is consumed, as is judiciously observed above. The objection might probably be useful as applicable to the little pastry of the shops, but by no means in families; at the same time the pastry might be made of flour mixed with potatoes, rye, barley, oats, or rice; each, however, of these, except potatoes, is at present dear.

almost

almost to as much as the pease and herbs) would have served to dinner but once. Thus in the judicious use of soups, it is a very moderate calculation to say, that in an equal quantity of food, half the material is saved.

There is a cheap culinary article called a stew-pan, sold in the shops, very convenient for preparing food, without any loss by evaporation; it is of an oval form, like a turenne, of various sizes, gradually widening to the top; about the centre from the bottom, there are four small projections, to support a lid, perforated, to admit air or moisture to pass through; under this lid the meat, or additional vegetables, with a little water, are put, and over the lid, a covering of potatoes boiled and mashed are laid, and then the whole sent to the oven; the moisture from the meat, &c. is received by the potatoes, which by the heat of the oven is baked into a pleasant crust, answering every purpose of bread to the meat. It ought to have been observed, that an hollow cylinder of tin screws at pleasure into the middle of the cover, to raise it

up, to get the meat; it has also a valve, at the top, to allow the exit of air. The whole apparatus fit for a small family sells for about six shillings. By this contrivance, nothing is lost in dressing, all the juices and flavour of the meat are preserved, and in towns with public ovens no encrease of fire is requisite in families.

A very simple construction of an iron oven has lately been introduced into the kitchens of several private houses, which bakes bread, and pies, in the best manner, without the least addition of fuel: the oven is fixed contiguous to the kitchen fire, with an iron bar, which runs about two or three inches into the kitchen-grate, and is always kept heated fit to bake bread, by the usual quantity of fuel, by heating the iron that projects through the oven. This oven is invented and sold by S. Holmes, Castle-court, Strand.

I would also recommend to every family, which seriously wishes to mitigate the distresses  
of

of the poor, to suspend the consumption of bread one day in the week, except at breakfast, and never to be eaten till at least twenty-fours after baking \*, and substitute either boiled or roasted potatoes or potatoe-bread †.

If

\* For young people, and indeed in general, some preparation of milk would be more salutary than tea and bread-and-butter. Milk-pottage is preferable to milk alone; that is, equal quantities of milk and water, boiled up with a little oat-meal; this breaks the viscosity of the milk, and is, perhaps, easier digested than milk alone. Oatmeal also affords a warmer nourishment than wheat-flour, and generally agrees with weak stomachs. Rice likewise with milk is a good substitute for wheaten-bread; and, by way of variety, might be taken instead of milk-pottage, not only at breakfast, but likewise at supper.

† Various other means might conduce to lessen the price of meat, and of provisions in general. Were each family to live one day in each week without animal food, the consumption of it would of course be one-seventh less in the year, and it would become probably proportionably cheaper.

By habituating myself to good mealy potatoes at dinner instead of bread, since bread became so dear, I now prefer potatoes to any bread except potatoe-bread.

Potatoes present to us at once a ready prepared little loaf, and is upon the whole, perhaps, the most pleasant and cheap  
sub-



If every person will not submit to this trivial sacrifice, or others deem that a few individuals

substitute for wheaten-bread, and at the same time the easiest prepared, as before observed.

The art of boiling potatoes is so essential to all ranks of people, that the following directions by the Board of Agriculture, is here inserted.

*On the Boiling of Potatoes so as to be eat as Bread.*

“ There is nothing that would tend more to promote the consumption of potatoes, than to have the proper mode of preparing them as food generally known. In London, this is little attended to; whereas in Lancashire and Ireland, the boiling of potatoes is brought to very great perfection indeed. When prepared in the following manner, if the quality of the root is good, they may be eat as bread, a practice not unusual in Ireland. The potatoes should be as much as possible of the same size, and the large and small ones boiled separately. They must be washed clean, and without paring or scraping, put in a pot with cold water, not sufficient to cover them, as they will themselves produce, before they boil, a considerable quantity of fluid. They do not admit of being put into a vessel of boiling water, like greens. If the potatoes are tolerably large, it will be necessary, as soon as they begin to boil, to throw in some cold water, and occasionally to repeat it, till the potatoes are boiled to the heart, (which will take from half an hour to an hour and a quarter, according

such examples are inadequate to any benefit of the community at large, let such remember,

according to their size) they will otherwise crack, and burst to pieces on the outside, whilst the inside will be nearly in a crude state, and consequently very unpalatable and unwholesome. During the boiling, throwing in a little salt occasionally is found a great improvement; and it is certain, that the slower they are cooked the better. When boiled, pour off the water, and evaporate the moisture, by replacing the vessel in which the potatoes were boiled once more over the fire. This makes them remarkably dry and mealy. They should be brought to the table with the skins on, and eat with a little salt, as bread. Nothing but experience can satisfy any one, how superior the potatoe is, thus prepared, if the sort is good and mealy. Some prefer roasting potatoes; but the mode above detailed, is at least equal, if not superior. Some have tried boiling potatoes in steam, thinking by that process that they must imbibe less water. But immersion in water causes the discharge of a certain substance which the steam alone is incapable of doing, and by retaining which, the flavour of the root is injured; and they afterwards become dry by being put over the fire a second time without water. With a little butter, or milk, or fish, they make an excellent mess."

### *Receipts for Baked Potatoe Puddings.*

#### No. I.

12 ounces of potatoes, boiled, skinned, and mashed;  
1 ounce of suet;

1 ounce

ber, that of the smallest atoms, masses of the greatest bulk are composed. And oh! thou,

1 ounce (or 1-16 of a pint) of milk, and

1 ounce of Gloucester cheese,

Total 15 ounces, mixed with as much boiling water as was necessary to bring it to a due consistence, and then baked in an earthen pan.

#### No. II.

12 ounces of mashed potatoes as before;

1 ounce of milk, and

1 ounce of suet, with a sufficient quantity of salt.—

Mixed up with boiling water, and baked in a pan.

#### No. III.

12 ounces of mashed potatoes:

1 ounce of suet;

1 ounce of red-herrings, pounded fine in a mortar.—

Mixed, baked, &c. as before.

#### No. IV.

12 ounces of mashed potatoes;

1 ounce of suet, and

1 ounce of hung beef grated fine with a grater.—

Mixed and baked as before.

These puddings when baked weighed from eleven to twelve ounces each. They were all liked by those who tasted them, but No. I. and No. III. seemed to meet with the most general approbation.

who

who piously feelst for human misery, if thou art not enabled to extend thy light and warmth afar off, thy little embers of charity may cherish and revive some starving, palsied hand; and, if by thy single sacrifice of the consumption of bread one day in the week, thou shalt be the means of keeping alive one helpless infant, thou only doest a portion of thy duties towards God and thy fellow-creatures.

## A P P E N D I X.

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THE scarcity of grain, and particularly of wheat, at the present time, has given rise to the use of various substitutes, and to the publication of several essays, designed to prevent or lessen the threatened scarcity. The substitutes most generally adopted, have been rice or potatoes. The former is too expensive for the community at large; but whatever quantity of it is consumed in the place of wheat-bread, affords a saving of the latter for the nourishment of the poor. The water in which the rice has been boiled, answers every purpose of starch; and, in this point of view, is also a saving in the consumption of wheat, by precluding the use of starch made from it\*.

\* Perhaps other substitutes besides wheat and potato-starch, may be discovered, as from the horse-chestnut, acorn, arrow-root, of hot climates.

In general, however, if we except rye, oats, and barley \*, which are at this time scarce and

\* Governor Pownall has just published, "Considerations on the Scarcity and High Prices of Bread-Corn and Bread." Amongst a variety of useful, political, and economical reflections, he observes, that one great evil is the conversion of the meal into flour, by which a brown bread is sufficient in its nature for the nourishment of a working man, or a white or wheaten bread too high for their wages to afford, are prepared. This seems confirmed by the following resolution :

The Committee appointed by the House of Commons to examine the several laws now in being relative to the sale of bread, have come to the following resolutions

"That it is the opinion of this Committee that the Magistrates were by law permitted when and where they shall think fit to set an office of bread to be made under certain regulations and restrictions, the said bread made of flour, which is the whole or more than the wheat, the said flour weighing, in an average proportion of the weight whereof it is made, a weight not to exceed many inconveniencies which have arisen in the sale and making of bread for sale.

"That it is the opinion of this Committee, that the columns calculated for the wheaten-meal, in the said regulations tables of the Act of the 8th of George the Third, entitled,

and dear, the potatoe affords the most pleasant and cheap substitute hitherto made use of  
in

“An Act to regulate the Price and Affize of Bread,” would be the proper affize for said standard wheaten-bread: and that the twelve-penny loaf of this standard wheaten-bread, containing the whole flour of the wheat (the said flour weighing, on an average, three-fourths of the weight of the said wheat) would, upon a medium, contain one pound of bread in weight more than the twelve-penny loaf of the present wheaten-bread, made under the Act of the 31st of George II.”

On the 12th of December,

Mr. Ryder brought up the Report of the Select Committee appointed to take into consideration the present high price of corn, and moved—that the House do agree to the following resolution :

“To reduce the consumption of wheat in the families of the persons subscribing such engagement, by at least one third of the usual quantity consumed in ordinary times.

“In order to effect this purpose, either to limit to that extent the quantity of fine wheaten-bread consumed by each individual in such families ;

“Or, to consume only mixed bread, of which not more than two thirds shall be made of wheat ;

“Or, only a proportional quantity of mixed bread, which not more than two-thirds is made of wheat ;

in this country. In favour of its wholesomeness, much has been published in Shakspeare \*, Forster †; Gerard ‡, the Philosophical Transactions, and in numerous distinct essays; of the latter, Parmentier's is perhaps the most interesting, which gained the prize proposed by the Academy of Besançon, in 1777, and appeared, in 1780, considerably enlarged and improved, under the title of

“Or a proportional quantity of bread made of wheat alone, from which no more than five pounds of bran is excluded.

“If it should be necessary, in order to effect the purpose of this engagement, to prohibit the use of wheaten-flour in pastry, and to diminish, as much as possible, the use thereof in other articles than bread.”

Here the same mistake respecting pies is continued; however, potatoes afford an excellent crust or covering to pies, see p. 53.

\* Merry Wives of Windsor, 4to. 1619, scene iii. Falstaff.

† England's happiness increased by a plantation of potatoes, 4to 1664.

‡ Herbal, Ed. 1636, p. 780.



“ Recherches sur les vegetaux nouriffants qui dans le temps de difette,” &c. This was translated by a respectable phyfician in London, and printed for Murray, in Fleetfreet, in the year 1783. Parmentier quotes a variety of authors, and gives, from his own experience, many examples to prove, that the potatoe is a wholefome nutritive root; but if univerfal experience in this country did not fupersede all philofophical deductions, the ftrong and prolific race of a fifte kingdom, whose poor are chiefly fed by it, and where giants are almoft excluſively national, would afford irrefragable proofs of the nutritive quality of this root. We have read of Polish dwarfs and English dwarfs, but I am unacquainted with any importation of them from Ireland.

Parmentier, after chemically analyzing this vegetable, and explaining its different conſtituent parts, deſcribes the proceſs of making ſtarch, ſalep, and ſago, from it, the laſt of which is better known here by the name of ſago-powder. I ſhall, however, only quote from him his proceſs for making bread, and likewiſe



glutinous paste ; because, in this state, they give tenacity to the flour of small grain, which are always deficient in this respect \*."

## II. LEAVEN of POTATOES.

" Mix half a pound of pulp of potatoes with an equal quantity of the starch of this root, and four ounces of boiling water ; set the mixture in a warm place : in forty-eight hours a slight vinous smell should be exhaled from it ; and now a fresh portion of starch, pulp, and water, should be added, and the mass again exposed to the same temperature for the same space of time : this operation should yet be repeated a third time. The paste thus gradually turned sour may be considered as a first leaven.

" In the evening dilute this first leaven with warm water, mix equal quantities of starch and pulp, in the proportion of one

\* A small addition of ground rice, gives tenacity to potato-bread, and makes it eat shorter.

half

half of the dough ; so that for every twenty pounds of dough, ten of leaven must be prepared. When the mixture is exactly made, put it in a basket, or leave it in the kneading tub all night, taking care to cover it well, and to keep it warm till morning.

“ The tedious and troublesome preparation of the first leaven will be avoided after the first baking, because a piece of the dough may be set aside and kept.”

---

OF the late publications, one has appeared, by Dr. Pearson, who was requested, by the Board of Agriculture, to inquire into the composition, or parts, of which the potatoe root consists ; and particularly to ascertain the proportion and nature of the watery part. He concludes, with Parmentier, with recommending it as highly nutritious, and, like him, as capable of making sago, salep, &c. But,

contrary to the declaration of Parmentier, he says, "The art of fermenting potatoe-meal into bread, in place of wheat, has not yet been discovered." Parmentier, however, asserts, in chapter 4th, "That from various and repeated trials, the potatoe, which hitherto, (anno 1777) hath not been converted into a well-raised bread, without the mixture of at least an equal quantity of some flour, may be made to assume that form, without any foreign assistance."

In the Appendix to "The Report of the Committee of the Board of Agriculture, concerning the culture and use of Potatoes," Dr. Barrow observes,

"That 100 parts of potatoe-root, deprived of its skin or bran, consist of

1. Water,	—————	68 to 72
2. Mial,	—————	32 to 28

"The mial consists of three different substances,

1. Starch

1. Starch or fecula,	17 to 15
2. Leafy or fibrous matter,	9 to 8
3. Extract or soluble mucilage,	6 to 5
	<hr/>
	32 28

He is of opinion, that ninety-eight or ninety-nine parts out of a hundred of the meal of the potatoe, are convertible into animal matter; and, that there is no just ground for supposing, that the meal of wheat affords much more nourishment than an equal quantity of potatoe meal.

Dirom, in his enquiry into the corn laws, makes the following comparifon of the quantity of human sustenance that can be afforded by the produce of an acre of good land, under the following crops:

	No. of meals,
Pasture grafs,	227
Potatoes,	16,875
Turnips,	463
Barley,	2,196
	Peafe

Pease and beans,		1,280
Wheat,	_____	2,745
Oats,	_____	3,421

---

THE present scarcity has not only excited the most generous subscriptions for the relief of the poor, among all the higher ranks of the community, but likewise proposals for affording them cheap and nutritious food in all times of distress. The following receipts I have collected, to suit the convenience of those who wish to avail themselves of such nutritious compositions.

### A CHEAP FOOD,

Without bread or beer, and with very little meat; and as healthy as can be obtained from wheat or barley, however prepared, and cheaper, even when corn is at the lowest price.

RECIPT

## RECIPT I.

Take half a pound of beef, mutton, or pork ; cut it into small pieces ; half a pint of pease, three sliced turnips, and three potatoes cut very small ; an onion or two, or a few leeks ; put to them three quarts and one pint of water. Let the whole boil gently on a slow fire about two hours and a half, then thicken it with a quarter of a pound of ground rice, and half a quarter of a pound of oatmeal (or a quarter of a pound of oatmeal and no rice). Boil it for a quarter of an hour after the thickening is put in, stirring it all the time ; then season it with salt, pepper, or pounded ginger, to the taste.

If turnips or potatoes are not to be had, carrots, parsnips, or Jerusalem artichokes, or any garden-stuff, will do. This well boiled is not unpleasent, and is very nourishing. As a pint only will be wasted in the boiling, it will be a meal for three or four persons, without bread or drink ; and it will not cost above four-pence.

RECIPT



## RECEIPT II.

Take two pounds of beef, mutton, or pork out of the tub (or of hung-beef refreshed in water), cut into very small bits, and put it into a pot with six quarts of water, letting it boil on a slow fire near three hours (or stew it till it is tender). Then put to it a quarter of a pound of carrots or parsnips, with half a pound of turnips, all sliced small, and sometimes instead of these, a few potatoes sliced (or Jerusalem artichokes); then some greens may be added, according to discretion, such as cabbage, celery, spinach, parsley, likewise two ounces of onions or leeks (which may be omitted if disliked); the whole thickened with about a pint of oatmeal (or a quart, if intended to be very thick); these must be well boiled together, and seasoned with pepper, or pounded ginger, and salt. It is a wholesome and well-relished food, and will support, for a day, a family of six, without bread or drink.

Any

Any kind of meal, or French barley washed, or garden broad beans, will make a good shift. Pounded rice, or split peas, will thicken better and cheaper than oatmeal, as less rice will serve.

### RECEIPT III.

Take four pounds of beef (onions, if agreeable, three-quarters of a pound) turnips two pounds, rice one pound and a half, parsley, thyme, and favory, of each a large handful, pepper and salt in a fit proportion, water seventeen quarts. Let the beef be cut into slices, and after it has boiled for some time, let it be minced small. The turnips (and onions infused) and sweet herbs may be minced before they are put into the pot. Let the whole boil together gently about three hours, on a slow fire.

Scarce two quarts will be wasted in the boiling; and the rest will serve about eighteen persons for one meal, without bread or drink.

Where

Where fire is scarce, the several particulars in these three receipts being put into a large pot, may be stewed together all night in an oven; and the next day may be boiled for a quarter of an hour, with an addition of some oatmeal, potatoes, or Jerufalem artichokes or turnips.

Or take a shank of beef, six quarts of water, a pint of split peas (or a quart of blue peas) one leek, four or five sliced turnips; bake them all in a large earthen pot,

#### To make POTATOE BREAD.

Put potatoes in a net into a skillet with cold water. Hang it at a distance over the fire, so that they may not boil until they become soft; then skin and mash them, and mix them with their weight of flour, of yeast and salt a sufficient quantity, and a little warm water. Knead it up as other dough. Lay it a little while before the fire to rise, then bake it in a very hot oven\*. Flour of rice, or

\* M. Parmentier recommends that the oven should be less heated than usual.

barley-

barley-meal, may be used instead of wheat-flour. A few caraways or anniseeds may be added occasionally.

To make BEER.

To eight quarts of boiling water put a pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Let these boil for a quarter of an hour, then cool and work it with yeast in the same manner as other beer.

Or thus.

Take one bushel of malt, with as much water and hops as if two bushels of malt were allowed; put seven pounds of the coarsest brown sugar into the wort while boiling.

This is very pleasant, is as strong, and will keep as long without being sour or flat, as if two bushels of malt had been put in.

To

## To make YEAST.

Thicken two quarts of water with four ounces of fine flour ; boil it for half an hour ; then sweeten it with three ounces of brown sugar, not the brownest. When almost cold, pour it upon four spoonfuls of yeast into an earthen jar, deep enough for the yeast to rise : shake it well together, and place it for a day near a fire ; then pour off the thin liquor at top ; shake the remainder, and close it up for use.

It is proper to strain it through a sieve. To preserve it, set it in a cool cellar, or hang it some depth in a well. Keep always some of this, enough to make the next quantity that is wanted. As it is not quite so strong as yeast from ale usually is, put somewhat more than four spoonfuls of this, for making new yeast.

In a useful little pamphlet, intituled, "Hints for the Relief of the Poor," just published, there

there are several receipts for making cheap soups or pottages. The insertion of which in this place, may be useful to such as read these Hints with a view to serve the community.

The first and second receipts are communicated by lieutenant colonel Paynter, dated Portsmouth, October 19, 1795. The subsequent ones are by Dr. James Johnston, of the Royal Hospital, Haslar; dated Portsea, October 19th and 24th, 1795, addressed to admiral Waldegrave: and Dr. Johnston's testimony in favour of their salubrity and great nutritious quality, is a sufficient recommendation. These appear to have been suggested by the humane Admiral \*, for Dr. Johnston's trial and opinion.

#### FIRST

\* He informs me, that he has found pumpions a very cheap product, as they will grow on any dunghill, or indeed on the coarsest land. Dr. Waterhouse, of Cambridge, Massachusetts, speaks of the pumpion common with the inhabitants, in the most favourable recommendation, under the name of the winter, or long-necked squash. "They weigh," he observes, "from ten to fifteen pounds, are easier raised than

## FIRST TRIAL.

## TO MAKE A GOOD AND CHEAP POTTAGE.

Take three pounds of the stickings of beef, or part of the shin, or any of the coarse or cheap parts; put these into eleven quarts of water; after boiling two hours, add one pound of Scotch barley, and let it boil four hours more; during this time six pounds of potatoes are to be added, half a pound of onions or leeks, and of parsley, thyme, or savory, a due proportion. Season the whole with pepper and salt. Any additional vegetables may be added, and half a pound of bacon cut

the potatoe, and which are, I think, preferable for making bread. I here send you some of the seed, which should be sown in April, and gathered in October, when the stalk or vine begins to wither. The squash should be boiled for about half an hour, and then mashed up with the flour or dough, just as Dr. Fothergill directed to be done with potatoes. We make bread-puddings, and most excellent pan-cakes, by mixing certain proportions of this vegetable, previously boiled with flour. We most commonly eat them stewed, the skin being first taken off, and the entrails taken out. It is almost a standing dish at our tables, even among the most opulent."

into small bits, if you wish to make it more savory; this will produce full three gallons of pottage, which will require no bread.

In London, or large towns, bones may be procured from the butchers, which will answer the purpose as well, and come much cheaper.

N. B. In summer, turnips and carrots may supply the place of barley, but it must be made thick. Meat of the above description costs 3d. per pound \*. Your pot must boil over a slow fire.

The whole cost three shillings and fourpence, and satisfied twenty men, without bread, the nature of the food not requiring any. Colonel Paynter adds, that the men in the barracks liked it very much, and that the officers also had it in their messes, and found it excellent.

\* Unfortunately not any sort of meat can now be purchased for twice 3d. per pound.



## SECOND TRIAL.

## ANOTHER VERY CHEAP AND GOOD DISH.

After boiling one pound of Scotch barley, let it stand to cool in an earthen pan, all the water being carefully drained from it; boil one pound of bacon in two quarts of water; a few minutes before you take it off the fire, put in your barley, and it will fall to pieces immediately, and very soon nearly suck up all the juices of the bacon; you will then only have to pour off the remaining water; a few onions or leeks should be boiled with the bacon and pot-herbs, if you have them. Season with pepper and salt.

Note. When you make a very thick mess with potatoes, and mean to eat the broth, it is better, if you can, to parboil and peel them before you put them into your broth-kettle.

The common price of Scotch barley varies from 17s. to 1l. 1s. per hundred weight.

The

The retail price is in general about 3d. per pound.

One pound of Scotch barley boiled four hours, and put into a pan to cool, becomes a sort of jelly, which will instantly fall to pieces on being put into boiling water. When it is in its congealed state, it will weigh four pounds. This is a most excellent nourishing food, either to make pottage, or mixed with sugar, for young children.

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### THIRD TRIAL.

		s.	d.
Gravy beef 1lb. _____	0	3	$\frac{1}{2}$
Scotch barley one third of a pound	0	1	
Potatoes 5lb. _____	0	1	
Onions, one third of a pound	0	$0\frac{1}{2}$	
Pepper and falt _____	0	$0\frac{1}{2}$	
Bacon 3 oz. _____	0	$2\frac{1}{2}$	
Produce four quarts	0	9	
G 2			Dr.

Dr. Johnston conceives, that this quantity would make a dinner and supper for three working men, without bread or any drink whatever, more salutary and nutritive than the usual food of the laborious class of the community, which in general consists of fat bacon and cabbage; with this they eat bread, and must have beer to drink: and if a labouring man is supposed to eat a pound of bacon, at 9d. per pound, for his dinner and supper, that article alone is equal to what might support three, independent of bread and beer.

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#### FOURTH TRIAL.

			s.	d.
Sheep's head	—→	—	0	5
Barley, $\frac{1}{2}$ lb.	—	—	0	$1\frac{1}{2}$
Potatoes, 3 lb.	—	—	0	$1\frac{1}{2}$
Onions, $\frac{1}{2}$ lb.	—	—	0	$0\frac{1}{2}$
Pepper and salt	—	—	0	$0\frac{1}{2}$
			0	9
		carried over	0	9

**DISTRESSES OF THE POOR. 85**

	s.	d.
brought over	0	9
Cabbage, turnips, and carrots	0	1
Water, eleven pints	0	0
Produce six quarts	0	10

This was superior to the other in richness of flavour and taste, owing to the bones in the head, which were broken to pieces previously to their being put into the stew-pan : this mess would make a most comfortable dinner for four men.

**FIFTH TRIAL.**

	s.	d.
Bacon, $\frac{1}{2}$ lb.	0	$4\frac{1}{2}$
Barley, $\frac{1}{2}$ lb.	0	$1\frac{1}{2}$
Onions, pepper and salt	0	1
Produce 2 lb. 8 oz.	0	7

This cost 7d. and would dine three men without bread; but it appears that something to drink would be necessary with it.

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### SIXTH TRIAL.

Made with neck beef, similar to the first experiment.

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### SEVENTH TRIAL.

			s.	d.
Ox cheek	—	—	0	10
Barley 1 lb.	—	—	0	3
Potatoes 6 lb.	—	—	0	3
Pepper and falt	—	—	0	1
Onions 1 lb.	—	—	0	1
Cabbage, turnips, and carrots			0	2
Water, 22 pints	—	—	0	0
			<hr/>	
Produce three gallons			1	8
			<hr/>	

This

This being made without bacon cost 20 d. and produced three gallons of most excellent pottage, sufficient for eight men, of the most laborious employment, for dinner and supper. This yielded rich and better pottage than any of the others; and ox-cheek seems to have the preference to any of the coarse pieces of beef.

The above receipts were made in a very close stew-pan, that emitted scarcely any evaporation; which is a material circumstance.

Dr. Johnston remarks, that pottage prepared as above is wholesome and nutritive, and is so self-evident, as cannot fail to carry conviction to every unprejudiced mind, and more conducive to health, than the costly dishes of the most luxurious tables; but that he does not recommend this diet to be daily used without any change, though he concludes, that every poor family may use it three or four times a week, without being cloyed with a sameness.

## EIGHTH TRIAL.

	s.	d.
Shin of beef cost	1	0
Barley, 1 lb.	0	3
Onions, 1 lb.	0	1
Potatoes, 6 lb.	0	3
Cabbage, carrots, and turnips	0	1½
Salt and pepper	0	1
Water, 11 quarts	0	0
	<hr/>	
Produce 3 gallons	1	9½
	<hr/>	

Dinner for seven men at 3d. each.

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 NINTH TRIAL.

	s.	d.
Quarter of an ox-head	0	6
*Barley, ½ lb.	0	1½
	<hr/>	
carried over	0	7½

\* Count Rumford, in his management of the poor at Munich, advises barley-meal; and likewise preparations of Indian corn.

		s.	d.
	brought over	0	7 $\frac{1}{2}$
Onions, $\frac{1}{2}$ lb.	_____	0	0 $\frac{1}{2}$
Potatoes, 3 lb.	_____	0	1 $\frac{1}{2}$
Cabbage, carrots, and turnips		0	1
Salt and pepper	_____	0	0 $\frac{1}{2}$
Water, 5 $\frac{1}{2}$ quarts	_____	0	0
		<hr/>	
Produce, 6 quarts of a rich and high-flavoured pottage	}	0	11
		<hr/>	

In the two last trials, Dr. Johnston omitted the bacon, both on account of its being an expensive ingredient, and from its flavour being in some of the others too predominant. On the whole of the trials, which he made with the utmost care and attention, he gives it as his opinion, that ox-cheek or shin of beef claim the preference to any coarse pieces without bones, which he is convinced add much to the richness and grateful taste of the pottage.



As the following table may be of use in ascertaining, by experiment, the best mode of variously combining wheaten-flour with other substances, and of knowing the loss of weight sustained by baking, I have inserted it in this place.

*Visiting Office, Dec. 8, 1713.*  
**An Account, shewing the produce of seven pounds (being the stipulated quantity allowed for two quarter loaves) of sundry mixtures of Grain, and of Grain and Potatoes, directed to be baked into bread:—** Shewing the weight of dough made therefrom, the quantity required for making two quarter loaves, according to the usual custom of the town Bakers, being 9lb. 10oz. or 4lb. 13oz. each;—the weight it turned out over or short thereof, and the weight of the bread when taken out of the oven, and when cold. Prepared in pursuance of a Letter from the Hon. DUDLEY RYDER, Chairman of the Corn-Committee of the Hon. House of Commons, dated the 28th November last.

DESCRIPTION of BREAD.

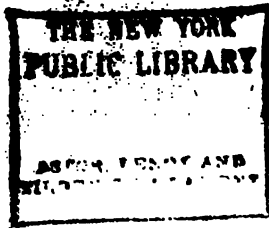
No.	DESCRIPTION	FLOUR.			DOUGH.				BREAD.		
		Weight allowed for making two quarter loaves, at 3lb 8 oz. each.	lb.	oz.	Weight after being properly mixed with yeast, salt, and water.	Over or short of the weight allowed		Weight when taken out of the oven.	Weight when cold.		
						Over.	Short.				
1	2-3ds Wheat, 1-3d Indian Corn					lb.	oz.	lb.	oz.	lb.	oz.
2	2-3ds ditto, 1-3d Barley		7	11	9	1	15	8	10	8	7
3	2-3ds ditto, 1-3d Oatmeal		7	10	14	1	4	8	7	8	3 1/2
4	2-3ds ditto, 1-3d Rye		7	10	8	—	—	8	9	8	4 1/2
5	2-3ds ditto, 1-3d Potatoes		7	10	15	1	5	8	9	8	5 1/2
6	3-5ths ditto, 1-5th Indian Corn, and 1-5th Potatoes		7	8	15	—	—	11	8	11	7
7	3-5ths ditto, 1-5th Barley, and 1-5th Potatoes		7	9	12	—	2	8	11	8	7
8	3-5ths ditto, 1-5th Oatmeal, and 1-5th Potatoes		7	9	6	—	—	4	3 1/2	8	14 1/2
9	3-5ths ditto, 1-5th Rye, and 1-5th Potatoes		7	9	10	—	—	8	12	8	7 1/2
10	3-5ths ditto, 1-5th Indian Corn, and 1-5th Barley		7	9	5	—	—	4	14	8	9 1/2
11	3-5ths ditto, 2-5ths Potatoes		7	11	3	1	2	—	7	11	3
			7	8	10	—	—	—	7	11	7

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WHEN the importance of the morals of the community, with its influence on individual, as well as general happiness, is duly considered, one cannot but contemplate a public character, who, with unceasing exertion, endeavours to promote every virtuous and charitable sentiment, with gratitude and reverence. A magistrate clothed with power to enforce obedience, but possessing benevolence more coercive than power; who views with vigilance, to arrest its progress, every species of vice, and commiserates, as a man humanized by Christian amities, every deviation from rectitude, and reforms while he pities, is a Being clothed with robes of divinity. In this point of view I introduce my friend PATRICK COLQUHOUN, Esq. whose exertions point to every direction, where morals require correction, or poverty and distress the aid of active benevolence.



*P. Colquhoun L.L.D.*



As an indefatigable magistrate, and as a polite writer in general, Mr. Colquhoun is well known throughout Europe. I introduce him in this place, as the founder and promoter of various institutions for supplying the poor in distress with cheap and nutritious articles of food, to an extent truly astonishing, and without which, famine must have been superadded to poverty, as must appear probable from the perusal of the Report of the Committee, which will be introduced in the sequel. The enumeration alone of my friend's publications, must evince the activity of his benevolence, with which his time and fortune have ever kept pace. May the reader who views the annexed silhouette endeavour to emulate the virtues of the original: he will then not only diffuse happiness among the community, particularly of the lower classes, but ensure the supreme enjoyment of it in his individual capacity.

*List of Papers on the Subject of the Poor of the Metropolis, of which Mr. COLQUHOUN is the Author.*

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1795, July. Suggestions favourable to the labouring public. Distributed by Government throughout the kingdom at the commencement of the scarcity of 1795.

1797. January. An Account of a Meat and Soup Charity. Being the first experiment.

1799, Jan. 8. General Report of the Committee at Lloyd's Coffee-house.

Do. February. Friendly Advice to the Labouring People.

Do. December 6. General Report and Address of the Committee at Lloyd's Coffee-house.

1800, March 19. General Report and Address of the Committee at Lloyd's Coffee-house.

Do. De-

Do. December 23. General Report and Address of the Committee at Lloyd's Coffee-house.

Suggestions drawn up by Mr. Colquhoun at the desire of the Lords of the Council, and distributed in December 1799, and January 1800, in every part of Great Britain, with a view to the encouragement of Soup Establishments.

The State of Indigence in the Metropolis explained, with Propositions for a Pauper Police, first circulated in November, 1799.

Mr. Colquhoun's great work, "A Treatise on the Police of the Metropolis," which has already gone through no less than six large editions, may here also not improperly be noticed. Though it does not immediately go to the relief of the labouring poor, yet the reformation of the *wicked* POOR is its main object.

**SUGGESTIONS;**



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## SUGGESTIONS;

*Offered to the Consideration of the Public, and in particular to the more opulent Classes of the Community, for the Purpose of reducing the Consumption of Bread Corn; and relieving at the same Time the labouring People, by the Substitution of other cheap, wholesome, and nourishing Food; and especially by means of Soup Establishments, &c.*

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**A**T the present interesting crisis, when the high price of bread occasions a peculiar pressure upon the labouring people, every expedient which can in any degree tend to diminish this pressure, becomes an important consideration.

Whatever

Whatever therefore can be devised, or whatever has been already successfully carried into execution, for the purpose of diminishing the consumption of bread corn, ought to be as fully and correctly stated, and as generally diffeminated, as possible.

With this particular view, the following suggestions are offered to the consideration of the opulent and well-disposed part of the public, as a means of alleviating the distresses of the poor at this inclement season.

Among the various expedients which experience has shewn to be best adapted to afford substantial relief, none seem to deserve so much attention as Soup Establishments. These excellent institutions, which have existed in the metropolis for more than two years, have incontestibly proved how much can be attained in economizing the food of man, by the preparation of meat and vegetables upon a large scale, in all instances where a design of this nature is properly me-

thodized, and conducted with attention and regularity.

In the course of the two last seasons, namely, the winter and spring of 1798, and of 1799, although no particular pressure then existed, no less than 1,232,254 meals, or Winchester pints of soup, were delivered to the poor at the soup-houses situated in Spitalfields, Clerkenwell, Southwark, and Westminster; and for which they paid an aggregate sum amounting to 2567l. 4s. 9d. \* being at the rate of one halfpenny a meal, which is as near as possible the half of the first cost, including the contingent and incidental expences, as will be shewn in the sequel.

The unparalleled success of these useful establishments, thus clearly manifested by attaching the lower classes of the people to a cheap, substantial, and wholesome food, is none of the least of the advantages which

\* This money, by being invested in soup, was again turned to the poor; and the deliveries thereby extended double the quantity which could otherwise have been issued.

have resulted from this frugal and beneficial mode of relieving the poor. The numerous applications of the labouring poor, particularly at Spitalfields, has not only occasioned an increase of boilers of very large dimensions at most of the old establishments, but has also excited a general disposition, among the benevolent and humane, to erect new soup-houses in every part of the metropolis, and also in the villages in the neighbourhood; and it is not doubted, when the whole of the proposed new institutions are sufficiently prepared to issue soup, that above 60,000 meals, or Winchester pints, will be delivered daily to the poor at half-price\*.

A relief so salutary and extensive, and afforded (in proportion to the number of persons who will be thus fed) at so very inconsiderable an expence, cannot be too highly estimated; since it is evident, that through

\* It is calculated, that, in the course of the present winter and spring, the poor in the metropolis will be furnished with upwards of *Five Millions of Meals*, through the medium of the different soup-houses already established and in progress.

this medium the means are at length discovered of effectually assisting the poor in severe seasons, when the necessaries of life are high, in a manner by which the benevolence of the opulent and humane, embraces a wider field, and extends infinitely beyond what the most sanguine mind could have conceived to be possible: *since a single guinea subscribed actually affords a hearty meal to 504 persons!* and that too of food, which, from its nourishing quality, strength, and consistence, cannot be considered as an improper substitute for bread, the consumption of which must unquestionably be diminished, wherever this aliment forms a part of the food of a labouring man's family.

Where this has already been the case, some of the individuals, benefited by the institution, have acknowledged an actual saving of 3s. 6d. to 5s. a week, a sufficient sum in itself to provide for the unavoidable wants of the poor, arising from the advanced price of bread, and other necessaries of life.

The

The advantages resulting from the Soup-houses in the metropolis being thus explained, it may be necessary to state, that their success is alone to be attributed to the unwearied gratuitous attention of their conductors, who, in systematizing these designs, and extending their benefits in a manner not only to feed, but also to improve the habits, and in some degree the morals, of so great a portion of the labouring people, have felt themselves amply rewarded and gratified by the thankfulness universally expressed for the boon.

With a view to extend the same benefits to every part of Great Britain and Ireland, by enabling the benevolent and humane, in the various towns and villages in these kingdoms, to avail themselves of the information, which practical experience has suggested for economizing human subsistence, the following details are offered to the consideration of the public.

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*Measures to be pursued respecting the first  
Establishment of a Soup Institution.*

WHEN a Soup-house is in contemplation in any particular district of the metropolis, it has been the usual custom for a few of the most respectable inhabitants to invite, (by means of a *short address, explanatory of the design,*) a general meeting of all the reputable housekeepers, and others, without any regard to the parishes\*, on a certain day, when the business is explained.—A subscription opened.—A Committee of Management, chosen from those whose benevolence induces them to offer their services; and a few general resolutions passed, vesting in this Committee the sole power of management, and

\* Districts or neighbourhoods have been found infinitely preferable to parishes. Under such circumstances a wider field of benevolence is not only embraced, but a kind of responsible management is secured equal to the object, which seldom attaches to parishes taken singly.

of calling general meetings, as often as they shall judge expedient, for the purpose of reporting their proceedings, and receiving such further powers or recommendations as shall appear to be proper.

A treasurer and secretary are usually chosen at the general meetings. The whole proceedings are all regularly entered in a book provided for the purpose.

The number of annual subscribers \* to the different Soup-houses may average from 400 to 500 to each.—Every subscriber of half a guinea, or upwards, receives six blank tickets, before the season commences for the delivery of the soup, to be disposed of (after being properly filled up and signed) to such distressed families as are known, or recommended, as proper objects.—And where members of the society are not in a situation to know

\* Many benevolent individuals are subscribers to several different soup-houses. True benevolence knows nothing of local distinctions. The poor are every where.



those who are deserving of assistance, they are requested to return their printed recommendations to the secretary, that the Committee may have it in their power to dispose of them, in a manner calculated to render the relief as extensive as possible.

It has been usual to invest the Committee of Management with power to fill up vacancies, which is generally done by ballot.

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*Form of the Recommendations sent to Subscribers.*

“ I recommend living at  
 “ No. in street, having  
 “ in family, to receive quarts  
 “ of good meat-soup, on paying one  
 “ penny per quart. London, 1 Jan.  
 “ 1801.

“ To the visitors, at the Soup-house, }  
 “ in street.

“ N. B.

“ N. B. It is understood, that no more,  
“ in any case, than four quarts are  
“ to be allowed to any family, to  
“ be received daily. The usual  
“ rule is to allow one quart to each  
“ adult, and a pint to each child in  
“ the family.

“ This recommendation to be presented  
“ at the Soup-house, between the  
“ hours of eleven and one o'clock.”

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*Information respecting the Committee of  
Management.*

THE management of a Soup Establishment, on a large scale, can seldom be conducted with that degree of accuracy which is necessary to insure success, or with ease and convenience to the individuals who pledge themselves to a due efficient execution, if  
the

the Committee consist of less than 48 members\*.

At the commencement, a few are selected, *pro tempore*, as a building and repairing Committee; and twelve members, who reside nearest the Soup-house, in the last formed establishments, have taken upon them the charge of purchasing the meat, and other ingredients, and are usually styled the Provision Committee.

Their peculiar functions consist in making contracts at the cheapest rate, for ready money, and in attending the Soup-house *two* and *two*, in rotation, every evening at six o'clock, to superintend the weighing of the meat received from the butcher; to see the same cut up, and also the bones split *longitudinally*, and afterwards to apportion ~~the~~ proper quantities to each boiler, ~~together~~ with the other ingredients as hereafter ~~ex-~~

\* N.B. This of course must depend on local circumstances, by which alone the number that is to compose the committee can be regulated.

plained,

plained, according to a scale applicable to each, which is hung up for inspection in the public kitchen.

When this duty is executed, the exact quantity of each ingredient is inserted in the visiting book, and signed by the two members who attend in rotation, *one evening in each week*; and on this account, these twelve members are excused from what is called the morning duty, which is performed in rotation by three members of the remaining thirty-six, who superintend the delivery of the soup to the applicants, who have received recommendations from the subscribers. One of the morning visitors receives these recommendations, and fills up a numerical ticket, in which is inserted the number of quarts of soup allotted to the individual, or family, generally at the rate of a quart to adults, and a pint to each child, provided the whole does not exceed four quarts. This ticket is afterwards produced as often as applications are made for soup. A corresponding number is put on the recommendations, which are afterwards

wards filed alphabetically in hundreds. Another of the morning visitors receives the money, at the rate of one penny per quart, from each applicant, on producing the ticket shewing the quantity he or she is entitled to receive. Such bad half-pence as are produced are immediately returned, and only a diminished quantity of soup allowed in proportion to the good money which is received. The quantity being thus ascertained, a square pasteboard ticket thus 

1	2	3	4
---	---	---	---

 according to the number of quarts paid for, is delivered along with the permanent ticket, which is (of course) returned to the applicant, who moves forward to the apartment where the soup is delivered. The transit ticket is given to the housekeeper, or cook, who immediately fills into the vessel brought for the purpose the number of quarts, according to the figure upon it, and then the applicant proceeds home by another door\*.

The third morning visitor fills up the number of quarts of soup delivered in a number

\* See the annexed plan of the Soup-house.

cal book \*, opposite to the number of the ticket, which is repeated or called out by the cashier for the day. This ingenious contrivance not only checks every inaccuracy with respect to the money received, but enables the visitors at once to discover those who apply twice in one day with the same ticket.

As soon as the delivery of the soup for the day is completed, the visitors check the money by the number of quarts of soup which appear from the numerical book to have been sold. The amount thereof, together with the quantity of soup delivered, are inserted in the visitors' book †, and signed by the three members in attendance, who afterwards seal up the money in a bag, inclosing therein a note of the amount, which is immediately conveyed to the secretary, who, after converting the copper into specie or bank notes, hands the same, weekly, to the treasurer. The morning visitors are generally detained

\* See the form of the numerical book.

† See the form of the visitor's book.

about

about two hours, or two hours and a half, and have their turn once every fortnight.

Besides this duty, the Provision Committee have occasional meetings to concert measure for the purchase of provisions, and to examine and audit accounts, with other business peculiar to the duty assigned them.

The Committee of Management meet periodically, generally once a fortnight, to receive the reports of the building and repairing Committee, and the Provision Committee to order the payment of bills and accounts and to enter into such resolutions for the proper management of the institution, as may be found necessary.

Every transaction is regularly recorded in a minute-book kept by the secretary ; and the most rigid attention is paid to method and regularity in all the proceedings of the different Committees, which are, ultimately, submitted to the consideration of general meetings of the whole subscribers. By such arrangements,

rangements, every member of the society feels an interest in its success, and is repaid by the high gratification which arises from witnessing the unparalleled extent of the benefits which are derived from a small sum of money, and a very moderate portion of time, employed in this benevolent undertaking.

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*Bye-laws of the Committee of Management.*

FOR the purpose of insuring regularity, and a strict attention to the affairs of the society, the following bye-laws, with some variations, have been established for the government of the Committee at the Soup-house in Spitalfields, and are suggested as proper to be adopted in all new Soup Establishments, subject to such alterations and amendments, and to such other rules and regulations, as local circumstances may point out.

I. That the Committee of Management meet once a fortnight, subject nevertheless to  
the



the call of the secretary on the requisition of six of its members.

II. That the Committee do meet at six o'clock precisely, and be subject to a fine of 1s. in all instances where a member does not enter the room before the reading of the list of the members be concluded; unless the excuse he offers be deemed *a reasonable one*, by a majority present.

III. That no less than thirteen members shall form a quorum.

IV. That it be the duty of the chairman to read the minutes, to keep order, and to put such questions as may come before the Committee.

V. That if the chairman be not in the committee-room before the reading of the list of members be concluded, another chairman may be chosen from those who are present, that the business may not be delayed.

VI. That

VI. That the election of new members be determined by ballot. Not less than six negatives to exclude.

VII. That no member shall absent himself during the sitting of the Committee, without permission from the chair.

VIII. That the order of the business in the Committee, after reading over the list, and balloting for new members, be, *First*, to receive the report of the Repairing Committee: *Second*, the report of the Provision Committee: *Third*, the report of the Committee appointed to examine the visitors' book: *Fourth*, to read the minutes of the last meeting: after which, new propositions to be taken into consideration.

IX. Two members of the Provision Committee, or substitutes procured from among the members of the Committee, to attend at the Soup-house precisely at six o'clock in the evening, for the purpose of superintending the weighing of the ingredients for the soup.

or be subject to a fine of 1s. for absence at the precise hour, and of 2s. 6d. for total absence.

X. Three members of the General Committee shall attend in rotation at the Soup-house, or procure a substitute or substitutes from among the members of the Committee, at a quarter before eleven o'clock, or be subject to a fine of 1s. for absence at the precise time; and in case of total absence, a fine of 5s. shall be paid; the regular attendance of the visitors for the delivery of the soup being considered as indispensably necessary to the existence of the institution.

XI. That all monies received by the treasurer for fines, be appropriated to the use of the society, in defraying the expences attending its meetings, and other contingent charges.

XII. That these bye-laws be printed, and sent to each individual who has taken upon him the duty assigned to the respective members forming

forming the Committee of Management, that none may pretend ignorance ; and that the utmost punctuality may be manifested : and that lists of the members, with the mornings and evenings of attendance, applicable to each in rotation for the season, be printed, and sent also to each individual composing the general Committee of Management : and that the evening and morning visitors do severally note in the visitors' book the exact time of their coming.

N. B. These bye-laws have been found of infinite use in promoting that species of accuracy and attention, to which the chief success, and the unexampled advantages of the Soup Establishments in the metropolis, are to be attributed : their existence depends on the *punctuality* and *method*, which, after various modifications, (the result of experience), has been generally adopted. To men of business it is even a saving of valuable time, by which the duty is rendered much easier, than it could possibly be under circumstances less correct, while at the same time it is performed

formed in a manner better calculated to obtain the object in view.

☞ Where the leisure of the whole, or a certain portion of the members forming the Committees, would admit of a regulation, whereby the houses of all applicants for soup could be visited during the interval when the deliveries are suspended, and the members are not called upon to do duty at the Soup houses, it would, by taking an account of the number, ages, and peculiar circumstances of each family, be productive of infinite advantage, by bringing under the review of the public, a species of knowledge highly interesting and useful, with respect to the general economy, and the true situation, of the labouring people in large communities; besides establishing rules for proper discrimination.— The object is practicable; and by previous systematic arrangements, might be carried into effect with less trouble than appears at first view.

*FORM of the Visitors Book for the Evening and Morning\*.*

This book is printed, and bound in quarto, with forms according to the following specimen. It promotes accuracy in the greatest possible degree, and prevents those mistakes which must be unavoidable where no particular system is established.

*FORM of the Visitors Book for the Evening.*

SOUP-HOUSE—EVENING, of

PRESENT {

		St.	lb.
Weighed the meat left yesterday, and found - -			
Delivered in this evening by	butcher,		
	St. lb.		
Legs and shins -			
Clods, &c. -			
	St. lb.		
Meat put into Boiler No. 1 -			
No. 2 -			
No. 3 -			
No. 4 -			
	Meat left		

Ordered barley, pease, salt, pepper, and onions, as per directions.

\* N. B. This book is printed in the form now exhibited, which saves much trouble to the visitors.

*FORM of the Visitors Book in the Morning.*

SOUP-HOUSE.—MORNING, of

PRESENT {

Sold Quarts of Soup

Received -	Silver				which was delivered to
	Copper				
	£.				

Tickets given for new recommendations, beginning with No.

and ending with No.

It is recommended to the visitors this evening to make

Boilers No.

Ordered in from the butcher St. lb. of meat.

N. B. This is also printed in the form now exhibited. The one follows the other, and are bound in a quarto book.

*\*\* In case of the absence of any of the visitors, either from the morning or evening duty, those that are present note down such absence, with the names of the visitors whose duty has been neglected, which is afterwards brought under the consideration of the Committee, who order the fines to be collected.*

**FORM**

**DISTRESSES OF THE POOR.**

**119**

**FORM OF THE NUMERICAL BOOK.**

It may consist of any number of pages. One or more are generally occupied by each day's delivery, according to the number of tickets in circulation.

No.	Qts.	No.	Qts.	No.	Qts.	No.	Qts.	No.	Qts.
1		21		41		61		81	
2		22		42		62		82	
3		23		43		63		83	
4		24		44		64		84	
5		25		45		65		85	
6		26		46		66		86	
7		27		47		67		87	
8		28		48		68		88	
9		29		49		69		89	
10		30		50		70		90	
11		31		51		71		91	
12		32		52		72		92	
13		33		53		73		93	
14		34		54		74		94	
15		35		55		75		95	
16		36		56		76		96	
17		37		57		77		97	
18		38		58		78		98	
19		39		59		79		99	
20		40		60		80		00	

N. B. The first top column is left blank, or filled up with the day of the month of each delivery; in the second, 100 is to be inserted with the pen; in the third, 200; in the fourth, 300; and so on, according to the number of applicants who have received tickets.



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*Information respecting Tickets.*

IT has already been explained that all tickets are given at the Soup-house by the daily visitors, in consequence of the recommendations of subscribers, which are produced by the applicants. When a house first opens for the season, there are new recommendations sent to subscribers to be filled up and signed; and of course new tickets are given to the persons who produce such recommendations. The first recommendation, for instance, which is produced to the visitor on the first day, has inserted upon it No. 1. and a corresponding, or similar number, is put on a ticket, printed on strong cartridge paper, and delivered to the applicant, which he or she produces as often as applications are made for soup during the season, or until the tickets are called in. The same rule is followed with other recommendations and tickets, which are numbered progressively, as the

the former are received and the latter delivered.

During the first week or ten days after a Soup-house opens, a considerable degree of attention and accuracy is required on the part of the visitor, to whom that department is assigned, to prevent chafms, or double numbers: but the labour diminishes gradually as the poor are supplied, although scarce a day passes during the whole of the season without new applications being made and recommendations produced.

*The Form of the Ticket.*

<b>No.</b>		<b>Quarts.</b>
<b>For</b>		
<b>Recommended by</b>		
* * * This Ticket not to be disposed of. <i>Bad Halfpence will be refused.</i>		
<b>N. B. Apply at the Soup-house every day (Sunday excepted) between the hours of eleven and one.</b>		

*Information*

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*Information respecting the Construction of the  
Soup-House.*

THE annexed ground plan of the Soup-house in Orchard-street, Westminster, which is generally allowed to be on a very complete plan, especially as the public kitchen was built from the foundation, will explain the conveniencies which are indispensably necessary to insure success in establishments of this nature.

The accommodations for sheltering the poor, while they are at the same time prevented from crowding on one another, or from the possibility of an adult, from greater bodily strength, having a priority in turn, over a child, in consequence of the maze or railings which enclose them, tend much to promote facility and regularity in the delivery of the soup, and will be found indispensably necessary in all large towns. This expedient  
was

was resorted to in London, in consequence of the confusion which at first ensued, and which precluded children, who were sent by their parents, from having a regular turn, and in some instances deprived them of the benefit of the soup, when there was not a sufficiency for all the applicants. Under the present arrangement, every one follows another, and receives the soup according to the time they enter the house, one after another. The first that enters passes through the maze up to the money-counter, and receives the transit ticket, [1] [2] [3] [4] already described, which being presented to the person who measures the soup, there is no necessity for uttering a word.

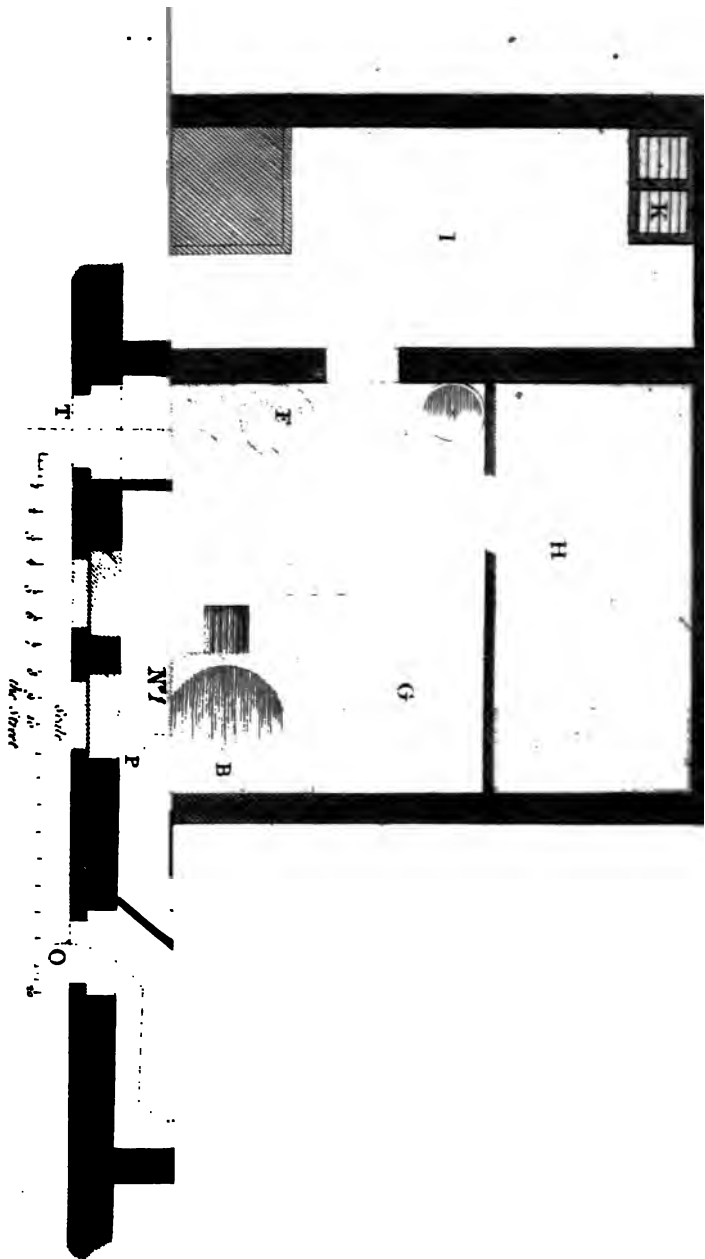
Besides the apartments exhibited and explained by references on the ground-plan, each Soup-house has a committee-room sufficient to accommodate forty-eight members, where the business of the society is transacted, and where their meetings are held. There are also two or three apartments for the house-keeper or cook, where she resides all the year round.

round.—A decent respectable woman is always selected for this purpose.



*Explanation of the Plate of the Soup-House  
in Orchard-street, Westminster.*

- A. The kitchen where the soup is prepared.
- B. The cast-iron boilers.
- C. The cistern for water.
- D. Butts for an additional quantity of water.
- E. The dresser.
- F. Block for cutting the meat.
- G. Scales and weights for weighing the meat.
- H. The store-room, with a dresser, and binns for barley, peas, &c.
- I. The back-yard for depositing the bones, ashes, &c.
- K. A frame in which the tin coolers are placed for soup which may be occasionally left.
- L. The coal-cellar.
- M. The



**GROUND PLAN of the SOUTH HOUSE.**

*in Cambridge Street Westminster.*

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ASTOR, LENOX AND  
TILDEN FOUNDATIONS

- M. The apartment of the visitors who attend the delivery of the soup.
- N. The apartment where the soup is delivered.  
At No. 1. the recommendations are received.  
No. 2. The money is received for the soup.  
No. 3. The numerical book is kept.
- O. Door where the applicants enter.
- P. The passage of the first applicants, who bring recommendations for the purpose of receiving tickets at the counter, No. 1.
- Q. The maze-passage of applicants, who have received tickets from the door O, to the money-counter, No. 2.
- R. The passage from the money-counter to the soup-stand where it is measured out.
- S. The passage from the soup-stand to the street.
- T. The door where the applicants depart with their soup.

*Information*



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*Information respecting the Apparatus necessary  
for a Soup-House.*

FOR the purpose of giving facility and dispatch, and promoting accuracy and cleanliness, every soup establishment ought to have a complete apparatus, consisting of the articles hereafter enumerated :

1. A small cast-iron boiler, of 30 or 40 gallons, to be used as a digester \*, and also to heat water for the purpose of filling up the large boilers, and washing the kitchen, &c.
2. One, two, three, or more, large cast-iron boilers, from 150 to 200 gallons, Winchester measure, according to the demand for soup. Large boilers are al-

\* A digester, upon an improved construction, for extracting the whole of the nutriment from the bones, is added to the apparatus of many soup-houses. In Clerkenwell, however, the digester was not adopted ; and in Spitalfields, after having been used for a short time, was wholly laid aside ; it being a doubt, whether the substance dissolved afforded any nutriment.

ways

ways to be preferred, as being more economical than small ones with respect to fuel; and they are also more convenient, as they admit of a smaller as well as a larger quantity being made.

3. Two or more tin-coolers for receiving any soup which may be left, and preserving it from spoiling until it can be mixed with the new soup on the following day. These coolers are generally about four or five inches deep, three feet wide, and about five feet long. They are placed in shelves or divisions of a wood frame, covered on the top, and open in front, which is generally placed in the back yard of the kitchen.
4. Two tin pails of three gallons each, to convey the soup from the boilers to the tin receiver, from which vessel it is measured out.
5. One tin receiver of six gallons, which is constantly kept nearly full during the delivery.
6. One


6. One Winchester quart tin pot, with a handle, used for measuring the soup.
7. One tin funnel, with a wide nozzle, used to prevent waste in filling the different vessels brought by the applicants.
8. One soup-stool lined with tin, and small iron ribs, with a hole, through which the spillings of soup pass into a tin vessel below.
9. One tin pail placed under the stool to receive the spillings of soup.
10. One stool, upon which is placed a square box, to receive the transit tickets sent by the visitors to denote the number of quarts each applicant is to receive.
11. One oblong tin box, with four divisions, for the transit tickets 

1	2	3	4
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 which is placed on the counter where the money is received in proper order  
for

for the convenience of immediate selection.

12. One tin measure for pease.
  13. One tin measure for falt.
  14. One tin skimmer.
  15. One strong copper soup-ladle.
  16. One small ditto.
  17. One iron spatula for stirring the soup ;  
and two or three wooden ones ; a bone  
diver to remove the bones from the  
boilers.
  18. One iron raker for taking out the  
bones.
  19. One pair of steps to ascend to the  
boilers.
  20. Two iron scrapers to scrape the bottoms  
of the boilers.
  21. One iron coal-raker.
  22. Two
- VOL. I. K**

22. Two wooden tubs.
23. One onion-basket, and three large baskets to receive the bones.
24. One pepper-mill with a tin receiver.
25. Butchers' tools, consisting of a chopper, two cleavers, three knives, and one steel; also several meat-hooks.
26. One pair of large scales and weights for weighing the meat.
27. One pair of small scales for pepper, &c.
28. A deal bin with divisions for pease, barley, &c.
29. A large cistern to hold water, with pipes to each boiler.—  
 This, perhaps, will not be necessary in country towns, where good wells are accessible.
30. Scrubbing-brushes, mops, brooms, &c.

**FURN**

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*FURNITURE necessary for a Soup-House.*

1. A long table, and benches or forms for the committee-room.
2. Two or three chairs.
3. A Bath-stove and fire-irons.
4. Six candlesticks and snuffers.
5. Ink-stands and other stationary.
6. A small desk for the visitors' room.
7. Three stools for ditto.

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*The Expence of repairing and fitting up a Soup-house on a large Scale.*

**THE** ultimate expence of a Soup-house upon the plan exhibited in the plate, depends

on a variety of circumstances. Where old commodious houses are to be obtained in situations where rents are low, the expence is generally moderate; but where a house is to be built from the foundation, including boilers, cistern, and other apparatus, it cannot be estimated at less than 500l. or 600l. But this is only an expence once for all; and it may fairly be asked, where is it possible to lay out money to a better purpose?

In Westminster, the rent of the house (of which the ground-plan is exhibited), exclusive of the rates, is 14l. a year.

The repairs, improvements, and the kitchen, (which was built from the foundation) cost about	} 300 0 0
And the boilers and other appa- ratus, about	} 65 0 0
	<hr/>
	£. 365 0 0

But in many country towns where proper accommodations can be procured without the necessity of new erections or extensive repairs,

pairs, a Soup-house may be fitted up perhaps for an expence not exceeding 100l. or 150l. In all instances it is of the greatest importance, that the applicants should be sheltered, and that order and regularity may be preserved while they are waiting to receive the soup; without such convenience, the establishment cannot be said to be complete. In the small towns and villages, however, where all the applicants are personally known, the same attention to regularity may be dispensed with. Any private brewhouse, or any building having a commodious washhouse attached to it, will answer the purpose; and under such circumstances the whole expence ought not to exceed 20l. or 30l.; a sum too inconsiderable to operate as a discouragement. Copper cauldrons should be avoided if possible; but where this cannot be done, the greatest attention ought to be paid to cleanliness.





		l. s. d.
		brought over 3 0 7
Deduct Weight of Bones taken out	}	39lb. 10oz. *
Net wt. Nutriment	}	210lb. { in 100 gall. the cost of which is } 3 0 7

According to this calculation, the net expence will amount to about 1½d. per quart; but when to this is added the expence of house-rent and taxes, the wages of the house-keeper, and two labourers, during the season, together with candles, stationary, printing, and other incidental and contingent expences, the whole will amount as near as possible to the rate of 2d. per quart on the quantity of soup delivered to the applicants, for which they pay half price. The season continues during the three winter and the two spring months.

\* The bones having only boiled twelve hours, may be digested again with considerable advantage. *Afterwards they fetch 6d. a bushel in London.*

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*Directions for making the Soup.*

THE water in the cauldron must be in a boiling state at six o'clock in the evening, when the two visitors from the Provision Committee attend to see the meat and ingredients weighed. After the meat is so weighed and adjusted, it is cut up, and the bones are split longitudinally, and broken into small pieces, and put into the boiler \*. Soon after this, and before the fat melts, the bloody and foul particles float up and are skimmed off. Then the boiler is covered close up, and continues boiling or simmering for twelve hours till six o'clock the next morning, when the labourers again return, and take out the whole of the bones, which are, by this time, totally di-

\* It has been considered as an improvement to cut the meat wholly from the bones in the first instance, and digest them separately for sixteen hours, and then fill up the boilers with the liquor extracted from them by this process; which will render less meat necessary, while the soup is equally good.

vested of the meat, and apparently (though not actually) of the whole nutriment which they contained. As soon as the bones are removed, the pease and barley, (the latter along with the cold water in which it has been previously soaked), are put in; the boilers are filled up with water, and a strong fire put to each; the labourers continue to stir the soup frequently to prevent the vegetables from burning, always covering it at the intervals. At eight o'clock the pepper and salt are put in, and the onions at nine; when the boilers are again filled up with water, and at eleven the delivery of the soup commences. At this period, the meat, which has then been seventeen hours in the boilers, is nearly dissolved, and only appears in particles or threads floating in the soup\*.

At several of the Soup-houses in London a small quantity of the rasping of bread is

\* The strength of the soup depends much on the quality of the meat. Bulls heads, *well cleaned*, may be used with advantage along with the other meat, which unavoidably varies with respect to the quantum of nutriment a given weight contains; of course the strength of the soup cannot always be precisely the same.

used,

used, for the purpose of giving the soup a rich brown colour; but in others, this practice is discontinued, not being considered of much importance.

In the country, where cabbages, turnips, carrots, and other vegetables can be procured, they would tend much to sweeten the broth, and might be substituted instead of pease.

#### *Potatoe Soup.*

An excellent soup might also be made by using potatoes instead of the barley and pease, with a good proportion of onions, pepper, and salt; but no other vegetables. They ought not, however, to be put into the boiler until about an hour or an hour and a half before the delivery commences, and should be previously parboiled and peeled.

It is believed in those parts of the country where potatoes are good and cheap, and barley and pease difficult to be procured, that this species of soup would be found very saleable.

lutory and useful. It would, in some respects, be even preferable at the present crisis, as the potatoes eaten along with the rich palatable soup, rendered savory by the onions, pepper, and salt, would prove an excellent substitute for bread, and would tend, in a considerable degree, to reduce its consumption.

*Potatoes and Cabbage.*

In those parts of the country where the white drum cabbages are abundant and cheap, an excellent dish might be prepared upon a large scale, by mashing them up with potatoes both in a boiled state, with a part of the fat skimmed from the soup, (for which purpose more skins or meat might be added), and a certain proportion of onions, pepper, and salt. This dish, while it feeds the poor in a cheap and nutritious manner, would be even prized at a rich man's table\*. In those parts of the country where it could be resorted to with convenience, and as an appendage to

\* This dish is named in Ireland, *Calcannon*, and is very frequent at the tables of the most opulent.

the

the soup, it would certainly tend in a very eminent degree to reduce the consumption of bread, for which it would prove an excellent substitute.

Where there are more boilers than one, it could be easily cooked; and it is not unlikely, where cabbages and potatoes are cheap, that a meal could be afforded to the poor at somewhat less than one halfpenny for each member of a family, taking the adults and children on an average.

Certain it is, that both in potatoe-soup, and in potatoes and cabbage, there will be found considerable resource in times of scarcity, with this advantage, that when the labouring people are taught through this medium how good and palatable it is, they will resort to the same mode of dressing these vegetables in their own houses, and thereby acquire better and more frugal habits.

The art of communicating relief to the poor, in times of scarcity, is only beginning  
to

to be understood. The cheapest mode that can be adopted, always, if judiciously applied, is of the greatest benefit to the poor; since, by relieving them effectually or materially at a small expence, the aid is not only rendered general and extensive, but through this medium the food they receive is but a part of the benefit: they are taught, from a knowledge of the nature and quality of this food, and the price at which it can be prepared, to feed themselves in a more frugal manner.

Nothing can be more repugnant to the interest of the labouring people, and to the country at large, especially in times like the present, than that mistaken benevolence which induces well-intentioned and well-disposed individuals to distribute bread in times of scarcity, or indeed any other expensive article of food. There cannot even be a greater act of inhumanity to the poor themselves, since, whenever an article which is scarce and dear, is easily obtained, the consumption must be increased, the scarcity will be augmented, and the price will become higher,  
and



and the burden, of course, heavier upon the poor.

As a further means of reducing the price of bread, potatoes might be prudently purchased by soup-societies, in moderate quantities, at a time so as not to raise the market, and afterwards sold out to deserving families, in small quantities, at the wholesale price, or a trifle under it\*.

Wherever soup is given, potatoes are a very desirable acquisition, especially where there are families of children. They may be mixed with the soup, and thereby afford a comfortable cheap meal, without any bread at all.

\* No mode of relief can be more erroneous, and even hurtful, than that which is sometimes practised by well-intentioned individuals and societies, of giving the poor *food or fuel for nothing*. By obtaining half-price, or even a larger proportion of the value, the capital is in part preserved to relieve them over and over again; and besides, while the poor ultimately receive more, those abuses which are generated by absolute gifts are prevented; and the articles paid for in part are not re-fold, or converted into spirituous liquors.

On

On all occasions where the labouring people are at any time indebted to the benevolence of the more opulent part of the community, it would be of infinite use in promoting their comfort, and in sheltering them from distress, if the boon thus given could be made subservient to purposes of economy and good management.

With this view copies of the following receipts were, by the direction of the visiting members of the different soup-establishments, delivered at the close of the last season to all those who had enjoyed the benefits of the charity.

1.—*Barley-Broth.*

Take four quarts of water, four pounds of meat, (part beef and part mutton are best) with bones; four ounces of barley, and so in proportion for a larger or smaller quantity. Stew the whole together for two hours, then put in the pot-herbs and greens according to the season, (avoiding mint and sweet-herbs,

6

which

which will spoil the soup). There may be more or less of carrots, turnips, cabbages, or peas, according to the season; but onions or leeks in the season should never be omitted, as they give the broth an excellent flavour. This broth is often made with no other vegetables than a few onions cut in pieces, along with the barley; but in general such other vegetables as the season affords are added, in particular parsley, which ought never to be omitted when it can be procured. The cheap pieces of meat generally make the best broth, and it varies all the year round according to the vegetables that each season affords, which gives it a preference to most other soups; besides, it is excellent and nutritious, and very wholesome and beneficial where there are children. It is not necessary to boil the meat too much, especially if the broth is enriched with a few bones. It may be eaten afterwards with vegetables and potatoes, or bread.

### 2.—*Potatoe-Soup.*

Stew about five pounds of the coarsest parts of beef or mutton, or a part of both, which  
is

is preferable with some bones, in ten quarts of water till rather better than half done, then put in about twenty-four pounds of potatoes after being parboiled and skinned, with some onions, pepper, and salt. Stir it frequently, until the potatoes are sufficiently boiled. A marrow-bone adds much to the richness of this kind of soup; and it may be made also with a bullock's head. The meat and soup, when seasoned as above mentioned, and eaten along with the potatoes which remain whole, prove a most comfortable and cheap meal for a large family. Legs and shins, and clove and stickings of beef, answer best for this kind of soup, and a mess such as is now described will dine ten or twelve persons very comfortably, at about 2d. or 2d $\frac{1}{2}$ . per head at most. Where, therefore, the family consists of a smaller number of persons, the quantity of meat and other ingredients must be less in proportion. It is, moreover, a dish which grown people and children become extremely fond of when a little used to it, and after they fall into the right method of making it.

### 3.—*Cabbage-Soup.*

When a family has occasion to corn a piece of beef, instead of throwing away the liquor in which it has been boiled, let it be mixed with white cabbage, without being cut small, and boiled together for a certain time with the meat till the cabbage is tender. It is a most excellent dish, and may be made without the least difficulty in any family, and it makes the meat go twice as far, especially where there are children.

### 4.—*Potatoes and Cabbage.*

Potatoes, boiled with one-third or one-fourth part of white cabbage, and one or more onions, and mashed up with a very small quantity of clean fat or butter, and pepper and salt, is an excellent dish, extremely cheap, palatable, and nourishing, and very wholesome food for children.

This dish is to be found at the tables of many persons of fortune on account of its  
being

being so excellent, and yet it is happily accessible to every poor person in the country on account of its extreme cheapness. It ought never to be lost sight of, when the large drum cabbages are in season.

By trying these receipts it will be found the best and cheapest mode of procuring food, and a great deal of money will be saved in these dear times.

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*A FRIENDLY ADVICE to labouring People and others, who have small Incomes; and to Persons having Families of Children; particularly those who at present partake of the SOUP CHARITY, or may hereafter enjoy it. Shewing the great Advantage in point of Comfort, Health, Nutriment, and Economy, which may be derived by a new and better Mode of selecting and dressing animal and vegetable Food; and by habits of Sobriety, good Management, and Virtue. From the COMMITTEE at LLOYD'S COFFEE-HOUSE\*.*

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THE first consideration with all families who shall have a small income is,—“ how to make a little go as far as possible, in pro-

\* Drawn up by P. Colquhoun, Esq.

curing

curing a sufficient quantity of food and other necessaries."

The house-wife who roasts, broils, or bakes her meat, generally wastes one-third part of the nutriment, which is either dried up, or runs into the fire; while she who boils her meat without converting the pot-liquor into soup, throws at least one-half of the substance away into the water.

The frugal mother who feeds her children in the morning with *thick gruel* and milk, or a little treacle, and who will stew her meat at home, sometimes with potatoes and onions, and at other times with barley and vegetables, varying the dish occasionally, will find, on trying the experiment, that a family thus fed will spend much less money; and perhaps will fare twice as well for the year round; will constantly have enough, and not a feast one day and a famine another, which it is to be feared is too much the case at present: and by the adoption of a better mode of cooking, and by taking a lesson from what is



done at the great soup-shops lately set up for the benefit of the poor, a good deal of a labouring man's income, which is now wasted, may be saved for the education of children, for decent apparel, and other comforts which are not attainable under the existing habits.

No inconvenience can arise from the mode of dressing meat which is now recommended, as the poorest family in a weekly lodging must have a fire to warm them, and a stew-pan to boil water; the same fire will stew meat, bones, and vegetables, and will make broth without any additional expence for fuel.

There are several excellent and cheap dishes which may be made in the manner before described, and which may be also varied according to the season of the year, holding out to large indigent families many comforts which they do not enjoy at present, for want of a better knowledge of frugal cookery. It is therefore to convey this knowledge to all, that the receipts are given for making the most favourite, and the cheapest dishes  
upon

upon a small scale; and as the present Soup-Charity may probably be discontinued after a while, or confined to persons under particular circumstances of distress; it is earnestly recommended to all who partake of it, and who know from experience how good, cheap, and nutritious it is, that they will try to make some sort of soup at home, varying it according to the different modes already explained.

By trying these receipts in various ways, the best and cheapest mode will soon be discovered; and by avoiding the gin-shop, the alehouse, the pawn-broker's shop, and the lottery, infinite comforts would be experienced, to which multitudes of the labouring people are at present strangers; and independent of the evil of bad health, which arises from habitual drinking, let it constantly be borne in mind—

1. That four glasses of gin a day will cost, by the year, no less than 9l. 2s. 6d.
2. That two pots of porter a day, drunk in the alehouse, will also cost by the year 10l. 12s. 11d.

L 4

3. That

3. That borrowing money daily at the pawn-brokers, or even weekly, by pawning the tools on Saturday evening to take out the Sunday's clothes, and again the Sunday's clothes to take out the tools on Monday morning (a practice which too often prevails), is absolute ruin to a labouring man, as the interest paid in such cases will amount in the course of a year from *thrice* to sixteen times the sum borrowed, according to circumstances, and costs many a family by the year above 5l.
  
4. That although some few gain a little occasionally by insuring in the lottery, yet in the end there can never be any real advantage. On the contrary, it is certain ruin to the chief part who are concerned in it. He or she, therefore, who ventures or engages in such desperate undertakings as illegal insurances, may rely upon it that misery and distress will be the consequence. All the goods that can be spared will go to the pawn-broker's shop, and be forfeited at one-third of —

of their value, while a distress warrant for rent takes away the furniture. This fate sooner or later awaits all habitual lottery infurers. The delusion when once a person engages deeply in the lottery is beyond all conception. Every consideration connected with prudence and discretion gives way to it, till even the apparel of the infants is pawned to follow it up; and the infamous frauds that are committed upon the unfortunate victims, are seldom discovered, till there is scarcely a rag to cover them, or a home to afford them shelter.

Thus, it is to be feared, the poor man's income is too often eaten up by the gin-shop, the ale-house, the pawn-broker, and the lottery; and that a vast deal of misery to families, arises from the want of a sufficient portion of virtue and resolution, to withstand evil temptations. It is here seen, that a *little gin*, and a *little porter*, consumed daily, and a small sum borrowed, comes to a great deal of money at the end of the year; and that a considerable part  
of

of a poor man's income may soon be inadvertently wasted, and poverty and distress brought upon him, which the prudence and foresight now recommended, might have prevented; and if followed hereafter, will certainly shelter him from so great a calamity.

To be happy and comfortable, a labouring man must be sober, frugal, and industrious. The first person in the land will take such a man by the hand, and he can never want friends. To deserve this, however, all unnecessary waste in consumption must be avoided; something must be saved for house-rent and apparel, and for school-wages for the children. This only can be done by frugal habits. By studying the best means of living well on a little, and by making that little go as far as possible. Under such a plan, no warrant of distress will seize a poor man's goods. The rent will be regularly paid, there will be no scores at the ale-house, no duplicates for goods pawned; and he will have nothing to fear from any body.

Happily

Happily for the cause of humanity, the prejudices against soups among the labouring people are nearly at an end; the excellent quality of the soup made for their relief at the Soup-houses in different parts of the town, and the very general desire to partake of it, has shewn the benefits arising from such institutions; but although the relief of the poor is the more immediate object, yet the more important one is, to shew the labouring people how much cheaper and better they can support themselves by the use of different kinds of soups and other articles recommended, than by baked meat, rusty bacon, or any other high-priced bad article, where the quantity they can afford to buy may be insufficient for nourishment, and unwholesome where children are to be fed.

It is in the hope and expectation that an improved cookery of soups and stews will hereafter constitute in a great degree the food of labouring people, that the Committee at Lloyd's have again taken up their cause, after having for several years past expended

expended large sums for their comfort. To insure a continuance of the aids already received, the poor who are benefited by the benevolence of the charitable and humane, are earnestly recommended to attend to the following summary of the advice already given:—

1. Study to carry into effect frugal cookery at home, upon the plans now recommended.
2. Avoid spirituous liquors, and an unnecessary portion of ale or porter; and let the latter be drunk as much as possible with the family at home.
3. Do not lounge or waste time in ale-houses. It is absolute destruction both to health and character.
4. Let the home of every man, by keeping all his earnings for his family, be more desirable than any other place; and to promote this, let every woman meet

meet her husband with a smile,—a clean house, and a comfortable meal, when he returns from his labour.

5. Avoid the lottery as you would avoid poison. It is the most deadly of all poisons.

6. Pawn nothing : by following the advice now given, it will not be necessary : for then there will not only be enough for all the purposes of a family (including school expences) but also a sufficient sum for the box-club, to guard against sickness and inability to work, to which all men are liable, and against which every prudent man ought to make some provision.

☞ But, above all, as the best security against evil habits, let every *Father* carry his family regularly to some place of worship decently apperelled on Sunday, and both by precept and example instil into their minds the principles of morality and religion.



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IN various parts of London, as well as in the Country, kitchens for preparing soups for the poor have been humanely instituted; the form of making these soups I have principally collected from the Reports of the Society for bettering the Condition of the Poor; and these, with the preceding receipts, will afford ample directions for the conduct of individual families, as well as of public societies.

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*Soup-Kitchen in St. George's Fields, formerly  
the Dog and Duck.*

IN the expences annexed, rent, fuel, wages, and boiling vessels, are not included two coppers are erected, one of which contains 129, and the other 154 gallons.

RECEIPT.

RECEIPT.

	l.	s.	d.
46 stone of legs and shins at 1s. 4d.	3	1	4
46 do. of clods and flicings at 2s. 4d. ——— ———	5	7	4
10 pecks of split-peas at 8s. 6d.	1	1	3
10 do. of barley at 7s.	0	17	6
7 do. of onions at 5s. 6d.	0	9	7½
23 ounces of pepper at 2s. 8d. per lb.	0	3	10
23 pounds of falt at 3d.	0	5	9
	<hr/>		
	11	6	7½

Which produces 1245 quarts of  
good soup, which may supply  
487 families at 1d. per quart is  
making a loss of ———

5	3	9
6	2	10½
<hr/>		
11	6	7½

Hence each quart may be estimated at  
about 2½d.



The Soup-Society in Spitalfields use the  
following ingredients for making 100 gallons  
of

of soup, which is disposed of to the poor at one penny per quart.

8 stone of beef consisting principally of fore-quarters.

16 stone of flins.

46 pounds of pease.

36 pounds of barley.

24 pounds of onions.

8 ounces of black-pepper.

2 ounces of Cayenne-pepper.

8 pounds of falt.

“ About six o'clock in the evening the visitors attend, and see the meat cut up and put into the boilers, which were previously nearly filled with water, the fires are lighted, and as soon as the boilers boil, the fires are damped with a mixture of small coal, ashes, and water, and heaped up; by this means the fires do not  
go

go out during the night, but keep the boilers simmering. At six o'clock in the morning, the men renew the fires; barley and peas are then put in, and about eight o'clock the onions, salt, and pepper: about an hour before serving, which commences soon after ten, the boilers are filled up with boiling water, to make up for evaporation during the night."

It must occur here, that this waste of evaporation must carry off much nutritious matter; and hence great attention is requisite to avoid this waste; and probably it might be greatly lessened by covering the boilers more generally, leaving a sufficient space for the introduction of an instrument for stirring the soups; but where boilers are constructed on the plan suggested by Count Rumford, this waste will be obviated.

In many places, Papin's Digesters have been established, by which means bones may be dissolved to a jelly, which, added to the boilers, improves and increases the soup.

These digesters are sold in London, made of iron lined with china; and the valves are so constructed as to prevent any accident from the effect of heat.

## CLERKENWELL SOCIETY.

Receipts of ingredients from which 130 gallons of soup, ale-measure, are made.

	l.	s.	d.
Beef clods and sticking pieces			
19ft. of 8lb. at 2s. 2d.	2	1	2
Ditto legs and thins 10ft. at 1s. 4d.	0	13	4
White peas, split, 43lb.	0	11	3
Barley out of the husk 37lb.	0	8	7
Onions 31lb.           —	0	2	0
Salt 8lb. at 3d.       —	0	2	0
Black-pepper, ground, 8oz. at			
2s. 3d.           —     —	0	1	1½
Water sufficient with the other ingredients to fill up the boiler.			
For fire, labour, wear and tear, &c.			
about           —     —	0	13	6
Cost of 130 gallons, being little more than 2d. per quart	4	13	0½

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CLERK-

CLERKENWELL SOUP-SOCIETY\*.

RED TICKETS—Monday, Wednesday, Friday, Saturday.

No.					Quarts.
<i>For</i>					
<i>Exchanged by</i>					
Week.	Mon.	Tu.	Th.	Sat.	This Ticket is not to be lent.—Bring Silver or Penny Pieces. Apply for Soup on TUESDAY and THURSDAYS only, and for the other Articles on Delivery on Mondays and Saturdays, at the Soup-House, Clerkenwell, between the Hours of Ten and half past Twelve.
1	Mon.	Tu.	Th.	Sat.	
2	Mon.	Tu.	Th.	Sat.	
3	Mon.	Tu.	Th.	Sat.	
4	Mon.	Tu.	Th.	Sat.	
5	Mon.	Tu.	Th.	Sat.	
6	Mon.	Tu.	Th.	Sat.	
7	Mon.	Tu.	Th.	Sat.	
8	Mon.	Tu.	Th.	Sat.	
9	Mon.	Tu.	Th.	Sat.	
10	Mon.	Tu.	Th.	Sat.	
11	Mon.	Tu.	Th.	Sat.	
12	Mon.	Tu.	Th.	Sat.	

\* This ticket is the result of a new regulation in Clerkenwell Soup-Society; and does away, not only the expence of

## CAMBERWELL SOUP.

6 stone of clods and stickings.

6 stone of legs and shins.

1 peck of split peas.

1 peck of Scotch barley.

3 pounds of salt.

3 pounds of ground pepper.

1 peck of onions.

To each copper of 50 gallons, the ingredients cost about two pounds to two guineas, or  $2\frac{1}{2}$  per quart.

Soup made in the following proportions cost, in Feb. 1800, about 3d. per quart, viz.

a Register, and the trouble of keeping it, but the necessity of having a third Visitor each day to attend to it, so that since its adoption *two* Visitors can do the work for which formerly *three* were necessary. As soup is distributed only four days in the week, and on the other two, potatoes and herrings, these tickets are brought by the supplicants; and to prevent the same ticket being brought twice in the same day, the Visitor who receives the money and delivers the numerical ticket, stamps a round hole with a punch kept for the purpose, in that square which answers to the day on which the ticket is presented, before he returns it to the owner.

One

	l.	s.	d.
One ox's head	0	3	6
3 quarts of peas at 8d.	0	2	0
2 pounds of Scotch barley at 8d.	0	1	4
12 onions	0	0	2
Vegetables, falt, and firing,	0	1	0
total	0	8	0

Produce 8 gallons.

	l.	s.	d.
6 pounds of ftickings at 5d.	0	2	6
1 pint of peas	0	0	4
$\frac{1}{2}$ pound of Scotch barley	0	0	4
Herbs, onions, and fire,	0	0	7
	0	3	9

Produce 2 gallons and 1 quart at  
5d. per quart.

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**THE** following are the **RECEIPTS** for making the Soup and Prepared-Rice, as prepared at Guildhall, in 1799; and now at the Public Kitchen in New-street, Black-friars.



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*Receipt of Ingredients, from which 1000 Quarts  
of Soup, Ale-Measure, are made.*

- 362 pounds of beef, fore and hind quarters.
- 80 pounds of Scotch barley.
- 102 pounds of split peas.
- 61 pounds of onions.
- 18 pounds of salt.
- 13 ounces of ground pepper.
- 13 ounces of mustard.

The process is—first to cut the meat from the bones into small pieces; the bones being broken, are put into the boiler with the water about six o'clock in the evening; this is kept in a simmering state till ten, when the fire is damped with cinders and wet ashes for the night. About five o'clock in the morning the fire is afresh excited, and the meat put in. The barley and peas are soaked in cold water all night, and put in about eight o'clock; the onions, being pared and sliced, are added about nine o'clock. The whole

whole is kept in a gentle boiling state, from the time the meat was put in till ten, when the bones are taken out; the salt, pepper, and mustard, are then thrown in, and about half an hour afterwards the fire is withdrawn, and the distribution takes place. It is needful to keep the boiler carefully stirred after the peas are put in, till the soup is served out.

☞ Particular care is taken that the different articles are of the best quality.

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*Receipt of Ingredients for 1000 Quarts of Prepared Rice.*

320 pounds of rice.  
 14 pounds of lard.  
 14 ounces of ground allspice.  
 4 pounds of salt.  
 907 quarts of water.

The process is—to soak the rice all night in cold water; it is put into the boiling wa-

ter about nine o'clock in the morning, and skimmed as soon as it boils; it should boil half an hour, when the allspice and salt are put in; after it has been stirred, the lard is added; then the fire is withdrawn, and the whole kept stirring till half past ten o'clock, when the delivery commences.

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THE following communications from the Directors of the Public-kitchen in New-street, has been recently circulated, as a cheap method of assisting the poor :

#### FINE CORNED HERRINGS

now distributing under the sanction of the Committee, at the City Public-kitchen, New-street, Blackfriars, a large quantity of *Herrings* of a superior quality, just arrived from the fishery, slightly salted, and which will be retailed for the benefit of the labouring people, at

*TWO for a PENNY.*

Let them be gutted, washed, and soaked, in cold water for an hour, then put them into  
the

the boiler in cold water; in a minute or two after they begin to boil they are ready. They swell in the pot, and will be found superior, on trial, to any other herrings ever exposed to sale in London. It is an improvement to eat them with potatoes and rice.

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#### IVER \* SOUP.

TAKE two gallons and a half of water; a quart of split peas, previously soaked for twenty-four hours; two pounds of potatoes that had been well boiled the day before, skinned, and mashed; herbs, salt, pepper, and two onions; and boil them very gently together for five hours, covering it closely up, and allowing as little evaporation or steam from it as may be. Then set it by to cool. It will produce rather better than two gallons of soup; and, if properly made, there will be no sediment; but the whole will be blended and mixed together, when it is warmed for use.

\* Iver, in Bucks.

SOUP,

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## S O U P,

*At Norton-Hall, Derbyshire.*

PUT an ox's head into thirteen gallons of water, and add one peck and a half of pared potatoes, half a quartern of onions, a few carrots, and a handful of pot-herbs; thicken it with two quarts of oatmeal, and add pepper and salt to your taste. Set it to stew with a gentle fire early in the afternoon, allowing as little evaporation as may be, and not skimming off the fat, but leaving the whole to stew gently over the fire, which should be renewed and made up at night. Make a small fire under the boiler at seven o'clock in the morning, and keep adding as much water as will make up the waste by evaporation, keeping it gently stirring till noon, when it will be ready to serve for dinner.

The whole is then to be divided into fifty-two messes; each containing (by a previous division

division of the meat and fat) a piece of meat and fat, and a quart of flavory nourishing soup.

The expence of the materials in Northern countries, where it has been tried, may be thus stated :

	s.	d.
Ox's head	1	6
A peck and a half of potatoes	0	7½
Onions, &c.	0	3½
	<hr/>	
	2	5
	<hr/>	

This amounts, exclusive of fuel and trouble, to rather more than a halfpenny for each mess, or about two pence a gallon; but, in the dearer parts of England, the articles being purchased by retail, the mess may cost as much as three-farthings, or a penny. The beef and other bones, and crusts of bread of the family, may be added to the stew; and will improve the soup, without any additional expence.

VILLAGE-

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### VILLAGE-SOUP.

*At Mongewell, in the County of Oxford.*

THE following is the receipt for ten gallons of soup :

	s.	d.
3 pounds of fat pork cut into small dice	1	6
1 gallon of peas, not split	—	0 10
21 pounds of potatoes	—	0 9
8 pounds of onions and leeks	0	7
2 pounds of barley-meal, added about half an hour before the soup has done boiling	—	0 3
Pepper and salt	—	0 3
Attendance, fuel, &c.		0 10
		<hr/> 5 0 <hr/>

It is boiled gently for four or five hours, and costs sixpence a gallon. A pint of it affords

The soup is prepared by previously dissolving the meat and bones in the digester; which is capable of dissolving bones to jelly in the space of a few hours. The gravy is then strained through a hair-sieve, or cullender; and, if any part of the bones remains undissolved, and there is occasion, it undergoes a second operation in the digester. The gravy, having been thus prepared the day before, is divided equally between the two boilers, with a sufficient quantity of water), and the peas then put in and boiled until they are nearly dissolved to a pulp; this will take about two hours. The ground rice is then added (being first mixed with cold water, and is boiled for some time, being constantly kept stirring. Then the celery and carrots (a middle-sized bowl-full cut small), with a few leeks, may be put in, and kept boiling about an hour; when the salt, pepper, and ginger, mixed together, may be added to the soup, and the whole will be soon ready for use; and, before it is distributed, the dried mint is added; but not boiled in it.



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IN the first edition of these Hints in 1795, I adverted in a particular manner to the importance of securing to the labouring poor that decent independance which ought to result from their industry, whose earnings should ever be adequate to their support. Whilst every humane person must approve of extending immediate succour, to prevent want, by those provident and liberal means I have described, and by which thousands of useful lives have been opportunely preserved; true policy, and expanded benevolence, would reprobate the continuance of that species of charity, which renders the labourer constantly dependant upon alms for his subsistence. It has been said, that "the day which makes a man a beggar, takes away half his worth:" it does more; it not only destroys his energy, but it entails upon his offspring a disposition to idleness, the source of every vicious action: we may hope, therefore,

fore, that, as soon as the immediate pressure from a scanty harvest shall have been obviated, the wages of the labourer will be raised suitably to answer his necessary wants. The loss of time in waiting for the distribution of charity; the associating, for that period, perhaps, the most indolent and forward of the distressed part of the community, neither promote good morals, nor a spirit of industry; and I doubt whether they tend to inculcate economical cookery in those family attentions to food, which make home comfortable to all ranks of people, and diffuse happiness to their younger branches, as well as excite among them, habits of exertion to acquire these enjoyments for themselves.

The master manufacturers, and the opulent farmer, who employ labourers, will certainly be gainers by these charitable means of feeding the poor, because it affords a pretext for withholding an increase of wages adequate to the expences of subsistence; so that in reality, the public is paying the labourer for their employers, who on their part are

gainers, in consequence of the application of these sources of charity, whilst the artizan is in danger of being deprived, and lost to the community, by beggarly dependance.

These, and many other inconveniences might be suggested, that seem to call for an increase of wages, as a just remuneration for labour, without subjecting the lower orders of the people to ask bread as a boon, which is due to them as a debt for industry\*.

The adage, that "Peace begets Plenty;" will not be realized to the poor in any extensive degree; for the increase in the national debt, and consequently the increase of taxes, however they may have been originally laid on the wealthy, must ultimately be paid

\* This reasoning will be conclusive in ordinary times: but surely it would not be a wise measure on every temporary pressure to advance wages. If so, they could never be reduced; and at length become so high as to prevent the manufacturer of the country from meeting the same articles of foreign manufacture in the sales abroad. Our articles would cost dearer; a check would be given to the exportation of our labour; and manufactures, except in so far as related to a home consumption, would be ruined, and thousands would want bread.

prin-

principally by the great bulk of the people, who live by industry ; hence the expence of subsistence must be enhanced, as well as all the necessary comforts of life ; unless, therefore, the price of labour be augmented, the labourer must continue to live on charity ; and, to establish this impolitic system, a bad government might be led to recommend a tax on the public, to perpetuate such degrading benevolences ; or, in other words, “ give a bounty on idleness, and lay a duty on industry,” and thus, under the veil of humanity, for ever destroy that spirit of industry, which begets good morals, and preserves that independence which every man ought to maintain, and which is the pride of the British constitution, and the boast of the English character.

At the moment of finishing this section, I was favoured with a letter from that excellent philanthropist, P. COLQUHOUN, Esq. in which, with his usual sensibility for the distresses of the poor, he observes :

“ In the miserable mansions of the poor which have been recently visited, we see nothing

thing but extreme indigence, debility, and disease. Their *all* is now in the shops of the pawnbrokers and salesmen; and nothing remains to fill up a chasm, when they were occasionally without food or money. Their miserable case occupies much of my time, and it afflicts me to think how little our best offices can do: we can only alleviate—nothing but cheap food can remedy the evil—it has become too gigantic to be compassed by the efforts of individuals. After taking into the account *rise of wages*, and all the additional aid afforded from *parochial relief* and *private benevolence*, the balance against the labouring people in the metropolis, comparing this year with 1798, is no less than *two million five hundred thousand pounds*, near *five millions* in two years! Such are their privations! No wonder then that they are without apparel and furniture!”

That this fact is founded on ample data, is obvious by the Reports of the Society for bettering the Conditions of the Poor\*; at the same time it must afford pleasure to every

\* Section III. See page 183.

humane mind to know, that this benevolent magistrate is indefatigably employed in his endeavours to scrutinize into the sources of the evil, as well as to suggest the most effectual means of removing them; and under these impressions, he has drawn up a plan for a national police, which has been approved by the Select Committee of the House of Commons; and from the laudable attention which many of its respectable members have devoted to the state of the poor, he may indulge the hope of seeing this plan realized, as he has already that of a Marine Police, so important to the trade of the metropolis. Should it obtain the concurrence of Parliament, he anticipates a complete reform in the administration of the poor laws, as he intimates in a letter I had the favour of receiving; the part of which respecting this plan is so forcibly expressed, that I insert it here without his permission; and most cordially hope, that the life of the worthy magistrate may be long preserved, and that he may enjoy the gratification of witnessing the accomplishment of his national philanthropy!

“ It is to this establishment that I look for those ameliorations in the poor laws; and in the general system with respect to the earnings of the labourer, which is to render cleemofynary relief unnecessary. I send you a MS. I wrote some years ago on the poor, but never had time to revise it: perhaps it may furnish some hints in aid of your present laudable undertaking. The root of the evil with respect to the lower classes, *is in the execution of the poor laws*. If he who is able to labour cannot when in health maintain himself and family by his earnings, *the country is undone*; because its surplus capital, however extensive, must soon be exhausted, not only by supporting such multitudes of individuals, but by the loss and injury which must arise from the loss of the labour of the multitude, who look forward to such aids. It is tantamount to creating a nation of paupers. It is a system calculated to foster indigence, and to deprive poverty (which is neither a reproach nor a misfortune in any country) of its useful energies. Without *poverty*, a nation cannot exist; it is *indigence* alone that is a real misfortune to every country!”

SECTION

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ASTOR, LENOX AND  
TILDEN FOUNDATION





*J. Bernard Esq.*

SECTION III.

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H I N T S

RESPECTING THE SOCIETY FOR  
BETTERING THE CONDITION,  
AND ENCREASING THE  
COMFORTS OF THE POOR.

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THE sentence with which I have concluded the preceding section, is so just in its distinction of poverty and indigence, as to render it equally applicable to its introduction here; and is excellently illustrated by similar sentiments in the MS. alluded to, now under my perusal.

“ By the poor, we are not to understand the whole mass of people who support themselves by labour. This class, who labour with industry, become from their poverty *the very pillars of the state*; for, as labour is necessary to the existence of all governments, and as it is from the poor only that labour can be expected, or such as have no surplus in store, so far from being an evil under proper regulations, it is a blessing to have a number of poor inhabitants.

“ It is not poverty, therefore, that is in itself a calamity, whilst health, strength, and inclination, afford the means of subsistence. The evil is only to be found in indigence, where health and strength fail; or where infancy, or disease, deprive the individuals of the means of procuring the necessaries of life.”

In this view, the poor may be divided into five classes.

1. *The useful poor*, who are able and willing to work in general employment.

2. *The*

2. *The vagrant poor, who are able and not willing to work; or whose bad character prevents them from obtaining it.*

3. *The indigent poor, who from extraordinary pressures, want of work, losses, infirmity, or disease, are not able sufficiently to maintain themselves.*

4. *The aged and infirm poor, who are past labour, and who have no surplus earnings to support them.*

5. *The infant poor, who are from the death, or extreme indigence of their parents, cast upon the public for nurture.*

From this natural division of the various classes of the poor, it is obvious, that instances must momentarily occur, to excite the sympathy of the benevolent, and require the aid of the opulent, in times least oppressive on poverty; and peculiarly so in those attended with the calamities unavoidable under scarcity

city of food, or the visitation of sickness; but no calamity however great, or visitation however severe, is unmet in this distinguished nation by adequate exertions of philanthropy. At this moment a zeal to obviate the miseries of the poor inflames every heart; and charity, whilst it pervades every scene of misery, pours forth its healing balm in a thousand channels. The naked are clothed, the hungry are fed, and the sick are visited, and means of restoration incessantly administered. It feelingly ponders over misery, whilst sensibility invents new sources of comfort. This is piously exemplified in the Society constituted for bettering the Condition of the Poor; where wealth, like a mighty stream that fructifies wherever it flows, ramifies into every avenue of distress, and refreshes, the farther it expands. Here might be enumerated many great and good characters, who have softened the rigours of the elements and seasons to the poor: among them I pause to contemplate the virtues of THOMAS BERNARD, Esq. whose fortune and time have long been devoted to  
remove

remove distress from the poor man's house; and to pour forth the oil of joy for mourning. I wish not to hurt the feelings of one, who does good as it were by stealth; but the Foundling will remember his fostering hand, whilst multitudes of the poor may bless him who hath long administered to their wants, and kept them and their offspring from the miseries of an impending famine, with its concomitant diseases \*; and substituted new and unlooked-for domestic comforts, in the establishment and exertion of the Society for bettering the Condition of the Poor; a Society so happily calculated to serve the lower classes of the community in every civilized country, that the plan of it ought to be universally known, and diffused as far as poverty extends. I have, therefore, particularly availed myself of the Account of the Institution, and refer the reader to the prefatory introductions to the

\* This is forcibly exemplified by the *Address to the Benevolent and Humane in easy Circumstances on the present situation of the industrious Poor in the Metropolis*, by P. COLVINGTON, March 27, 1801.

three volumes of Reports, as drawn up by the amiable philanthropist I have just introduced; whose observations equally evince a feeling heart, and an enlarged philosophical mind.

*Account*

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*Account of the Society, its Object, Subject of Inquiry, Regulations, &c.*

THE formation of a society for encouraging the industry, and promoting the welfare of the poor, had been, in the summer of 1796, the subject of some conversation between the Bishop of Durham, Mr. Wilberforce, Mr. Bernard, and a gentleman\*, whose premature death has been since generally lamented. In the beginning of the ensuing winter the following circular letter was

\* The Hon. Edward James Elliot;—a man, whose singular modesty had the effect of concealing from all, but those who were intimately acquainted with him, the superiority of his understanding and the rare qualities of his mind;—in whom a spirit of warm and active benevolence, heightened and regulated by the most elevated principles of action, received a peculiar grace from a disposition naturally the most generous, amiable, and engaging.

prepared



prepared, and addressed to a few friends, who, it was conceived, would interest themselves in the measure.

SIR,

17th *December*, 1796.

THE purport of this letter is to propose the formation of a "Society for bettering the Condition, and increasing the Comforts of the Poor;" an establishment, which, we trust, may be the means of adding much to the general mass of national happiness. In other liberal pursuits, the joint labours of intelligent and active men have never failed to produce considerable effects. Models, inventions, and experiments, have been improved, and applied to purposes of great importance. The same degree of success may reasonably be expected from a society, formed for the improvement of the most beneficial of all sciences—the promotion of the welfare of our fellow-creatures.

Its object would be—every thing that concerns the happiness of the poor—every thing by which their comforts can be increased.

creased. To remove the difficulties attending parochial relief, and the discouragement of industry and economy, by the present mode of distributing it; to correct the abuses of workhouses; and to assist the poor in placing out their children in the world: in this, and in the improvement of their habitations and gardens; in assistance and information as to the use of fuel, so as to give them more benefit from it; and in adding to, and meliorating their means of subsistence, by public kitchens, and by other means—much may be done by the union of liberal and benevolent minds—much by the circulating of information, and by personal assistance and influence.

It must afford a strong additional inducement to efforts of this nature to consider, that, in proportion as we can multiply domestic comforts, in the same degree we may hope to promote the cause of morality and virtue. For a very gratifying relation of this, as well as for the most important improvements in fuel, food, and in the mode of assisting the poor,

poor, the world is indebted to the philanthropy and abilities of Count Rumford.

It is not, however, merely the increase of the comforts and morals of the poor, great as that benefit would be, that may be effected by the proposed establishment: its improvements and experiments will be more or less applicable to farms, manufactories, private families, and to every situation of life. But, supposing it otherwise, were its object confined to the poor only; yet, to add to the plenty of a nation, by economizing its means, and to strengthen, by increase of happiness, the attachment which every true Englishman feels to his country and its invaluable constitution, must be deemed, at any time, objects of no trifling consideration.

If you should so far concur with us, as to give a general approbation of the plan, we shall hope to be honoured by your attendance at Mr. Wilberforce's, Old Palace-Yard, on Wednesday the 21st instant, at a quarter before two o'clock; in order to consider of the

formation of the society, and of the outline of the necessary regulations.

We are, Sir,

Your obedient humble servants,

THO. BERNARD.

W. WILBERFORCE.

ED. J. ELIOT.

A meeting was accordingly held on the 21st of December, 1796; when the gentlemen present came to a resolution to form themselves into a Society for bettering the Condition and increasing the Comforts of the Poor; and appointed a select committee to prepare a draft of regulations for the consideration of the society.

HIS MAJESTY, BEING INFORMED OF THE PLAN AND OBJECT OF THE SOCIETY, WAS GRACIOUSLY PLEASED TO DECLARE HIMSELF THE PATRON OF IT.

At a subsequent meeting the Society came to the following resolution.

VOL. I.

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RESOLVED,

RESOLVED, That the general object of the Society be to collect information respecting the circumstances and situation of the poor, and the most effectual means of meliorating their condition; in order that any comforts and advantages which the poor do now actually enjoy in any part of England, may eventually be extended to every part of it, with as much improvement and additional benefit as may be to the poor; and with a tendency, gradually to diminish parochial expences. For the attainment of these ends, it appears to the Society, that the circulation of *useful* and *practical* information, derived from experience, and stated *briefly* and *plainly*, so as to be generally read and understood, may be of very great national and individual benefit; and may induce and enable all well-disposed persons, to unite in the promotion of an object so important to the happiness and welfare of the community at large, and particularly of that valuable branch of it, the labouring poor.

The

The following are selected as the subjects of information, upon which the Society is desirous of obtaining and circulating information :

PARISH RELIEF—how it may be best directed for the benefit of the poor.

FRIENDLY SOCIETIES—their good effects, and how they may be best encouraged.

PARISH WORKHOUSES—the amendment of them.

COTTAGES—the increasing the comfort and neatness of them.

COTTAGE GARDENS—and the means of enabling the cottager to keep a cow, or of supplying him with milk.

PARISH MILLS for corn ; and parish ovens.

VILLAGE SHOPS, for better supplying the poor with the necessaries of life.

VILLAGE KITCHENS, and soup-shops,

COTTAGE FIRE-PLACES and chimneys—the improvement of them.

FUEL—how the poor may be better supplied with it.

APPRENTICES to manufactures, and all parish apprentices.

COUNTY GAOLS—the means and effects of reforming them.

BEGGARS—the least exceptionable modes of assisting them.

PUBLIC ROOMS for the resort of the industrious poor in cold weather.

On the 24th of February, 1797, the Society came to a resolution “that, in consideration of the extraordinary services of Count RUMFORD for the benefit of the poor, and as a testimony of the respect and esteem with which this Society regards his services in promotion of the general object of the institution, he be elected and declared a member  
ber

ber of the Society, and one of the general committee, for life."

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*Regulations adopted by the Society.*

1. That the business of the Society be conducted by the committee.
2. That a president, four vice-presidents, and a secretary, be elected annually, on the first Friday in February, out of the committee.
3. That every person proposed for election as a member of the committee, be nominated one month at least previous to election, and the proposal be entered in the minute-book; and when the names of seven members of the committee shall be subscribed to the recommendation, the committee shall proceed to election by ballot, when two black balls shall exclude; and the person proposing him shall, in case of his election, pay down



his donation of 50 guineas, or his annual subscription of 5 guineas.

4. That the attendance of five members, at the least, be necessary to form a committee; but that no election do take place, in any meeting composed of less than seven members.

5. That all questions be decided by ballot, if called for.

6. That sub-committees may be appointed by the committee (consisting of two or more of its members) for particular purposes, and with such powers as the committee may think fit to delegate to them.

7. That no future regulations have effect, until approved by a subsequent meeting of the committee: and that no orders of any sub-committee (unless under a special authority) be binding, unless confirmed by the committee.

8. That the ordinary meetings of the committee be holden at 12 o'clock precisely, on the first Friday in each month, or at such day and hour as the committee shall adjourn to;  
and

and that every Friday (Good Friday excepted) be continued as an open day for holding a sub-committee, at the office-house, at 12 o'clock.

9. That, if there should be occasion to summon a special committee on any particular business, the secretary may, on a requisition in writing of five members, summon the same, giving three days notice; but that no business shall be transacted in such committee, except what shall have been notified in the summons.

10. That the front parlour of the house, No 3, Parliament-street, be entirely occupied as the office of the Society; leaving for the secretary, Mr. Martin, all the rest of the house, except at the times of the weekly or other meeting of the committees, when the front drawing-room will be also required by the society.

11. That the office hours be from 12 to 4 o'clock.

12. That it be the duty of the clerk to be present in the office, during the office-hours;

under the direction of the secretary (whose orders he is to obey) to copy the minutes and other papers of the Society, and to attend on the members and other persons coming to the office.

13. That subscriptions be received by Messrs. Ransom, Morland, and Co. Pall-Mall, bankers to the Society ; or by Messrs. Smith, Payne, and Smith, George-street, Mansion-house, and Messrs. Hoares, Fleet-street, who will pay over the same monthly to Messrs. Ransom, Morland, and Co. and take their receipt for the same ; and all subscribers of ten guineas in one donation, or of one guinea annually, will be entitled to two copies of each publication, and so in proportion upon any larger subscription.

14. That the subscriptions received by Messrs. Ransom, Morland, and Co. be placed to the account of the Society, specifying the subscription of each individual : and that drafts on account of the Society be made by order of the committee, and be entered in the minutes of the day ; and be signed by the president and one of the vice-presidents, or by  
two

two of the vice-presidents, and counter-signed by the secretary.

15. That Societies, formed in the country for purposes similar to the objects of this Society, be entitled to two copies of each publication, for every guinea subscribed by them, in like manner as an individual subscriber.

16. That donations to the Society be either occasional or annual, and the continuation of annual donations merely optional; but that no member continue so any longer than while his or her donation (if annual) shall be paid regularly on the first day of January in each year, or within six months time.

17. That every annual donation be for the whole, or the remaining part, of the year in which it is paid, computing to the 31st day of December; and do entitle the donor to copies of all publications of that year.

18. That any two or more donations made within the year, by any one person, may be deemed a single donation, if of sufficient amount, for the purpose of entitling the contributor to be a member for life.

19. That

19. That communications, read at any meeting, shall be only for consideration ; and may be altered or corrected at any time, before they are ordered to be printed in the report.

20. That no publication of any paper be made, except by the order of the committee.

21. That all communications published by the Society in their Reports shall consist of, first, a concise statement of the fact which is the subject of the communication ; and, secondly, practical observations and deductions arising out of that fact, and applicable, either to the particular object, or to the poor generally : and, that individuals, and societies in the country, disposed to favour this Society with any communications, be requested particularly to attend to this resolution.

22. That, though extracts from letters, or from other valuable papers communicated to the committee, are, strictly, not admissible into the Reports, yet they may, at the discretion of the committee, be inserted in an appendix, which is intended to be added to each volume of the publications of the Society.

23. That

23. That a general meeting of the subscribers be holden in the month of February in every year, to receive a report of the finances of the Society, and on the transactions of the preceding year, and to consider the same.

☞ Contributors are requested to make their donations payable by their respective bankers, giving in to the Society such bankers' names; and leaving with such bankers their orders for their discontinuance, if they should think fit to discontinue them.

*Address*

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*Address to the Benevolent and Humane, in easy  
Circumstances, on the Present Situation of  
the Industrious Poor in the Metropolis.*

27 MARCH, 1801.

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FROM the excessive high price of every article of the first necessity, and from the great length of time that the pressure upon the lower classes of the people has continued, it is not difficult to conceive, that a considerable degree of distress must prevail very generally, at this time, among the Poor of the Metropolis; but the degree and extent of this distress, and the effect it has produced, and is daily producing, can only be estimated by those who have been engaged in distributing the very partial and inadequate relief, which has been afforded by the benevolence of a  
certain

certain proportion of the opulent and humane; and who have been induced (*from a desire to discriminate accurately*) “to visit the miserable habitations of sorrow and pain, and inquire into the true situation of those who are forsaken by the world, and who are suffering under the afflicting hand of extreme poverty and wretchedness.

In listening to the just and accurate, though melancholy details, which are given by those benevolent individuals who have undertaken the humane task of surveying the miserable mansions of the Poor in the Metropolis, at the present eventful period; the description given of the shocking condition of a very considerable proportion of the labouring people, will shew how indispensably necessary it has become, on the part of men of all ranks and descriptions, in easy circumstances, to attend to their calamitous situation.

I. It appears, from the length of the preface, that taking one family with another, at least two-thirds of their little property, and  
*even*



*even necessary apparel*, and a certain portion of their working tools, are either pledged to the pawn-broker, or irrecoverably lost by a sale at an under value, to the different dealers in such articles.

II. They are from this unavoidable pressure, in many instances, without a bed for themselves or their children to lie on, and without a blanket to cover them. They are without the comforts of necessary furniture, or cooking utensils; and compelled to part with one necessary garment after another; they are found, from *nakedness, misery, and want of food*, unable to appear, in many instances, in public. Their former resources for procuring subsistence for their families are by this calamity cut off, and hence their distresses multiply.

III. The parochial workhouses are too limited in extent, to afford an asylum to one-fifth part of those who suffer under the present pressure. The whole of these receptacles have been long since much more than full.

full. In most of them, the paupers lie three, and in some, even *four, in a bed*. Such multitudes of filthy, and in many instances, infected persons, huddled together, unavoidably produce diseases; and hence has arisen much of the mortality which is known to have prevailed in workhouses.

The relief afforded to families who could not be admitted (although this relief has been very generally augmented of late) has seldom exceeded *five*, and is not supposed to average, upon the whole, above *two or three shillings weekly*; a pittance not more than sufficient to pay the rent of a miserable lodging, and seldom admitting of any surplus for food or raiment.

IV. The assistance given through the medium of Soup-houses, and other repositories for food at reduced prices, although it embraces a wider range (*and although it is also evident now beyond all doubt, that, but for this relief, many thousands must have perished during the last and the preceding winter*), is now found inadequate.

inadequate to the pressing wants of the poor, who are daily increasing.

V. In the best of times it is well known that the labouring people, having families to support, were under difficulties to make the two ends meet, in so much that a temporary sickness, or the death or birth of a child, compelled them to resort to the pawn-broker's shop, to obtain what was necessary to fill up the chasm. What must, therefore, their privations be at present, when every article of the first necessity may be considered, on the most moderate computation, to be at least, upon an average, 60 *per cent.* above the cost of the same necessaries in 1798?

When it is thus rendered self-evident, that the means of subsistence to so large an extent have been cut off; and farther, that the pressure has continued fully eighteen months; it ceases to be a matter of wonder that the poor are *naked*, and without a sufficient *portion of food*. In this advance upon the necessaries of life, is to be traced the cause of all the calamities

which are suffered ; and it applies, with some shades of difference, to the poor of the whole nation. It is an evil which can only be effectually remedied by a reduction of the prices of the articles of the first necessity, to their former standard ; but as no human exertion can suddenly effect this most desirable object, whatever can be accomplished for the purpose of alleviating the distress, becomes an important desideratum ; and the meritorious and peaceable demeanour of the poor, and their patience and resignation under such unexampled privations, joined to the excessive sufferings they are at present doomed to endure, are, together, incentives more powerful than ever, on any other occasion, pressed upon the attention, or excited the humanity or compassion, of the opulent, or those who have the means of affording relief.

Not ought it to be argued that the parishes must take this duty upon them, *and lay additional assessments*. Such, indeed, now have become unavoidable : but the system of parochial relief is neither so *economical*, nor is it

VOL. I. P possible

lent individuals who have visited them ; that they found it impossible to detail the sufferings they witnessed without bursting into a flood of tears. These sufferings are omitted in this Address, as too painful and shocking for the public eye ; but they are sufferings which those, who have attentively considered the state of the poor in different parts of the metropolis, must have long since anticipated ; and they are such as it is earnestly hoped will excite universal compassion and benevolence in all who are blessed with the means of affording relief.

note; especially when combined with *nakedness*, and the pressures and distresses arising from an infant family, crying for nutriment, which the parents, reduced to the last extremity, after pawning every thing they possess, have not the means of procuring.

While the Executive Government and the two Houses of Parliament are sedulously employed in devising every means to lessen this afflicting evil, and while the attention bestowed on this object by the Legislature is unexampled in all former periods; it must be the inclination of every humane individual, on an occasion so urgent to lend a helping hand, by such pecuniary aids as they can afford, even at the expence of some privations.

If farther arguments are wanting to excite a disposition to contribute to the alleviation of such accumulated distress, it could be stated with truth, that such is the impression which a view of the miserable abodes of the poor has made on not a few of those benevo-

but many more from good-natured or indiscreet confidence, disappointments in trade, or increasing and unavoidable expences in living; at the same time the laws in this country, which allow a creditor to confine a debtor, do not make that clear demonstration, which moral justice would dictate; for it must be natural to conclude, that when an unfortunate debtor has given up every atom he possesses, mercy would supersede the rigid exercise of the law, and plead in favour of personal liberty, and of the free agency of those talents which alone can enable him to acquire the means of compensation to his creditor, or of subsistence to his family, or the dependents on his industry.

The author of the Christian Religion, in the exercise of undeviating benevolence, which he inculcated by the persuasion of language, and enforced by the influence of example, extended the most benignant compassion to the afflicted prisoner; an example that hath been humbly imitated by many great and good characters, among which I  
contem-

THE NEW YORK  
PUBLIC LIBRARY  
ASTOR, LENOX AND  
TILDEN FOUNDATIONS





*J. Neild Esq.<sup>r</sup>*

contemplate with respectful admiration, the living HOWARD, in that indefatigable philanthropist JAMES NIELD, whose *silhouette* is annexed. The ardour, and spirit of humanity, which rendered him one of the active institutors of this Society, continue to animate exertion, and give expansion to his endeavours, to seek out misery in the dark recesses of confinement, in order to succour it, by feeding the hungry, and restoring liberty to the captive. Under these influences he has just published "An Account of Persons confined for Debt in the various Prisons of England and Wales; together with their provisionary Allowance during Confinement, as reported to the Society for the Discharge and Relief of Small Debtors, in April, May, June, &c. 1800." In the advertisement to which, he observes :

"To the considerate reader of the following statement, a few observations must naturally occur.

“ He will feel for *their* pitiable situation, who, though confined in prison, have, in some instances, no support at all provided for them: in many, scarcely bread to eat sufficient to sustain life; and whose case, therefore, very powerfully calls for the humane interposition of the magistrate. He will find, with painful astonishment, that, after eight and twenty years since the institution of the Society for the Relief and Discharge of Debtors, no less than twenty-five prisons in England and Wales, some of them in large populous towns, and others very near the metropolis, “ never heard of” so amiable and excellent a charity! The fact is on record, from the avowal of the respective gaolers; and it must have considerably lessened the intended benefit deducible from the Society’s plan.

“ The Committee have now distributed their painted boards of instruction throughout the various gaols; and sincerely hope, that the magistracy, in every district of the kingdom, will kindly further the views of this Society, by an occasional inquiry into the  
state

state of imprisoned debtors; and by an inspection, now and then, into the manner of their treatment and accommodation in the dreary abodes of human wretchedness.

“ Ah! little think the gay, licentious proud,  
Whom pleasure, power, and affluence, surround;  
They, who their thoughtless hours in giddy mirth  
And wanton, often cruel riot, waste:  
Ah! little think they, while they dance along,  
How many pine in want, and dungeons glooms,  
Shut from the common air, and common use  
Of their own limbs! how many drink the cup  
Of baleful grief, or eat the bitter bread  
Of misery!—For, sure, th’ awakening thought  
The conscious heart of charity would warm;  
The social tear would rise, the social sigh;  
The social passions work!”

THOMSON.

The active members of the Society were so impressed with a sense of the utility of this *Account of Persons confined for Debt*, that they unanimously adopted and published the following resolution:

SOCIETY

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SOCIETY for the DISCHARGE and RELIEF of  
PERSONS IMPRISONED for SMALL DEBTS.

*Craven-street, Feb. 17, 1801,*

AT a meeting of this Society, held  
on Wednesday, the 11th instant.

Present, the Right Hon. Lord ROMNEY—  
President, in the Chair.

THOMAS EDWARDS FREEMAN, ESQ.

THOMAS SMITH, ESQ.

ARCHIBALD HAMILTON, ESQ.

JAMES MUSGRAVE, ESQ.

THOMAS PITT, ESQ.

JOHN WARD, ESQ.

SAMUEL WELENMAN, ESQ.

Resolved unanimously, That the Thanks  
of this Society be given to JAMES NEILD,  
Esq. our worthy Treasurer, for his very lau-  
dable, humane, and useful exertions, in pro-  
moting the benefits of this Institution; par-  
ticularly by his late publication of "A State-  
ment of Debtors in the Prisons of England  
and Wales."

Ordered,

Ordered, That the same be published in the daily papers.

R. GRASSWELL, Secretary.

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THE more I scrutinize into the benevolent characters of the present day, the more am I convinced of the increase and extension of public liberality, and private virtue, among every class of the community. The following letter will be read with a mixture of admiration and delight, and is in itself so impressive, as to render comment superfluous; for it is a disinterested effort of virtue, overcoming the allurements of personal interest.

“ MY DEAR SIR,

*Chelsea, 25 March, 1801.*

“ NO sooner had the Society published their Vote of Thanks, than I was surprized with the receipt of a bank note of One Thousand Pounds. It came by Penny Post, in a blank cover, neither Name nor Signature, addressed

*James*

*James Neild, Esq.*

*Cheyne Walk,*

*Chelsea.*

“ Having no doubt whatever in my own mind that it was intended for the Charity, I announced it as such at our next meeting.

“ Lord ROMNEY, and the Gentlemen of the Committee, were of opinion it was intended for myself, not being addressed even in my official capacity; and a Minute to that effect was about being entered on our books.

“ I solemnly declared, I would enter my Protest against it; as, *in Foro Conscientiæ*, I believed it meant for the Society; and so far disclaimed all right or title to it, that, should it hereafter appear to be meant for myself, I declared it to be the property of the Society.

“ Whatever might be the intent of the philanthropic donor, there was certainly inaccuracy, and even carelessness, to send so large  
a sum

a sum by Penny-Post \*. To you, my good Sir, I have no occasion to say the heart-felt gratification this act conveyed, or how much superior to pecuniary consideration is the

*Mens sibi conscia Recti.*

“ God bless you. Adieu.

“ JAMES NEILD.”

To Dr. LETTSOM.

SOON after I was favoured with the interesting performance I have alluded to, I received the following letter, with the insertion of which I hope the writer will not be displeased, as it may tend to stimulate many a reader to follow his example, as he has followed his REDEEMER'S.

“ I HAVE the honour of yours, and feel myself extremely gratified by the approbation you are pleased to express of my humble endeavours to alleviate the sorrows of the afflicted.

\* This bank note could not be traced, as it had been issued from the Bank at least three years before it was received by Mr. NEILD.

“ The



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“ The book which is published, is an abridgement of a folio MS. in which the names, dates of commitment, and sums for which each individual is confined, are inserted; the publication of it would be too voluminous for perusal, and cruel to their relatives.

“ I have endeavoured to shew the wretched state of some prisons, and the great inequality of provision for the debtor, with as much brevity as possible, that it may be read by the great.

“ Where I have found the gaoler humane and merciful, I have mentioned it, to encourage the same disposition in the others. Having, during a period of twenty-eight years, visited most of the prisons in England, I know fully how much a gaoler has it in his power to *forward* or *retard* the works of mercy.

“ I have just begun enquiries of *each*, to know which of the persons (arranging their names alphabetically) are discharged, or yet  
in

in their custody; by this means no person can remain very long in prison without my knowing the reason.

“ To shew the *necessity* for periodical enquiries, I shall adduce two proofs out of very many, *viz.* David Davies, committed to the gaol of Dolgelly, 25th of March, 1786, died in that prison last December. Hugh Robert Evans, committed to the same gaol, 8th of March, 1785, debt 27l. 5s. 6d. the costs of which in all probability amount to two thirds of the 27l. 5s. 6d. is yet a prisoner there, 76 years of age, and has only 1s. 6d. per week to live upon.

“ The separation of debtors and *vagrants* from felons, has often excited my attention. The enclosed letter from me was addressed to the Lord Mayor.

“ To

“ To the Right Hon. the LORD MAYOR.

“ MY LORD,

“ I TAKE the liberty of addressing your Lordship upon a subject which I doubt not will excite your compassion, and the exercise of your authority, towards the objects to it.

“ As Treasurer to the Society for Relief of Persons imprisoned for Small Debts, I have for several months been visiting many, and enquiring into the state of all, the prisons in England and Wales, and comparing it with that of the late Mr. Howard.

“ On the 20th inst. I visited the Poultry Compter ; and seeing two children, the eldest of whom appeared about twelve or thirteen, confined amongst the felons, I naturally enquired the cause ; Mr. Teague, the gaoler, informed me, they had been sent there some months ago as vagrants. I then asked, if  
they

they had been guilty of any crime? and was assured, No! One of the boys appears extremely ill; his head one continued fore.

“ Now, my Lord, permit me to say, their temporal ruin must inevitably ensue from such an *affociation* and *confinement*; and that it would be an act worthy your exalted situation, to send the one to the Philanthropic Re-form, and the other to the Hospital, till he can be received *there*, or by the Marine Society.

“ I have the honour to be,

“ My Lord,

“ Your Lordship’s

“ Most obedient,

“ and most humble servant,

“ JAMES NEILD.”

“ P. S. There are two wretched females in the prison, who, by the Turnkey’s account, are in such a diseased state, as to make one shudder; a recommendation to the surgeons might save them from perishing!”

“ *Chelsea, 22 August, 1800.*”

VOL. I.

Q

“ To

“ To JAMES NEILD, Esq.

“ SIR,

“ I AM much obliged to you for the information you have given me about the Poultry Compter. The matters you mention I was totally ignorant of; but I will directly enquire into them, and correct them.

“ I am, Sir,

“ Your most obedient servant,

*Mansion House,*  
23 Aug. 1800.

“ H. C. COMBE.”

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“ HONOURED SIR,

“ THE Right Hon. the Lord Mayor having favoured me with your very humane letter, addressed to his Lordship, in behalf of the boys confined in the felons ward, I have the pleasure to inform you, that  
his

his Lordship has recommended them to the Marine Society; the Women alluded to in yours, are sent to the Hospital.

“ I also inform you, that the Committee of City Lands do not meet on business this month; but as soon as they do, an immediate application will be made to make some alteration in the prison, for the better accommodation and separation of the vagrants from the felons' ward.

“ I am, honoured Sir,

“ Your humble servant,

*Poultry Compter,  
27 Aug. 1800.*

“ JOHN TEAGUE.”

“ *To James Neild, Esq. Chelsea.*”

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WHATEVER breach of confidence I may appear guilty of, in publishing private correspondence; I trust, the gratification which the  
Q 2 benevolent

benevolent must experience, in the perusal of the following letter, will afford a forcible apology for its insertion here.

“ DEAR SIR,

“ WHEN I acknowledge the receipt of your polite letter, I cannot accompany it with any thing which I am sure will be so grateful to your feelings, as the statement of those debtors who remain in prison, out of the number included in my *published Report*.

“ Some of these are under *particular*, and others very *distressing* circumstances.

“ The case of Hugh Robert Evans, who has been upwards of fifteen years confined in the gaol of Dolgelly, at the suit of Owen Owens, *Gentleman*, for 27l. 5s. 6d. stands upon record such an instance of severity, that I shall only observe, “ *Fiat Justitia, ruat Cœlum.*”

“ A letter

“ A letter which I received the other day, represents him as almost perishing, having only One Shilling and Six Pence per week to live upon, Seventy-six Years of Age !

“ The amiable character I had heard of Sir Robert Williames Vaughan, M. P. for Merionethshire, induced me to call at his lodgings, No. 5, Haymarket. Not finding him at home, I sent him my State of Prisons, and a letter on poor Evans's case.

“ I have not yet been honoured with an answer : therefore, at our last Committee, requested Ten Pounds (the utmost we can give for an individual) might be offered to his plaintiff for a full discharge.

“ To this no answer has as yet been received. The prisons, I find, are extremely crowded ; to which two circumstances, both recent in their operation, have contributed ; *viz.* the extreme pressure of the times, and



the general expectation of an Act of Insolvency.

“ I trust the wisdom of Parliament will interpose its authority, and regulate the laws betwixt Debtor and Creditor.

“ To proportion the time of imprisonment to the magnitude of the *debt*, would frequently prevent its wanton increase.

“ I have known many instances, where a debtor has offered eight, nine, and ten shillings in the pound to his creditor; which not being accepted, he has (very naturally) expended it for his support in prison.

“ Fees and *lodgings* abolished, and a salary from the county allowed to the gaoler, would have the most salutary effects.

“ Where a gaoler has not only no salary, but a rent to pay; where his demand increases with the confinement of the debtor,  
if

if I arrest a man, and after throwing him into gaol I find him incapable of payment and forgive him, you would naturally suppose him at liberty. "No," says the gaoler, "my demand for prison-fees and lodgings amounts to so and so; and I will detain him till these are paid." Thus is a Gaoler a Judge, Jury, and Executioner.

"For this very powerful reason, have I endeavoured to humanize their hearts, by promising to record their works of mercy, to rescue them from general obloquy, and rank them amongst the valuable members of the community.

"From the reports I daily receive, it will have its effect.

"An equal provision during confinement is too obvious to need comment on its necessity.

"I have before me a letter which I received yesterday from Rothwell gaol, signed

Q 4

by

by forty-four persons, who say they are absolutely starving, having no allowance but water, and most of them poor manufacturers.

“ To charge the window-duty on prisons is, in my opinion, *impolitic* \* ; the exclusion of light and air engenders disease, and renders the visitation extremely dangerous to those whose office it is. Indeed, I know this by sad experience, having caught the gaol distemper in Warwick old prison, from which I did not recover for twelve months. This, I repeat, is a great reason, with a little insinua-

\* KNARESBOROUGH CASTLE.

WILLIAM ELLISON, Keeper.

No Chaplain.——Debtor One.

No allowance whatever. In a letter dated 29th June, 1800, the only prisoner here was William Elmley, committed for debt, 30th of June, 1799; who says, “ Any person wishing to see him, upon obtaining the Gaoler’s leave, must pass through six doors: the yard he has to walk in is only six yards by four; the window and wall so high, that he has very little light, or air. He had a fellow prisoner, but he only lived ten weeks; and the preservation of his own life was owing to the gratuitous attendance of surgeons *Day* and *Dent*.” Elmley’s debt was 28l. 12s.

tion

tion from the keeper (to hide his faults) that some of the prisoners are ill, why the *outsides* of the abodes of human wretchedness are too frequently *only examined*.

“ Having now finished my Reports for this year, I shall commence my visits to the gaols of the metropolis, and to such parts of the country, as health and leisure will allow; thereby enriching my Folio Work with such observations and remarks as may be useful to my successor.

“ The approbation of the humane and learned has encouraged me to proceed.

“ I cannot conclude better than with the words of the late Dr. Franklin on the infancy of our Institution; so with respect to my late publication: “ Hereafter we may trust, (and may the observation be prophetic!) it will rise *in stature, and grow in favour with God and Man*: this little rivulet shall one day swell into a wide and copious stream, that shall diffuse plenty and prosperity on every side

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side of it : It shall *abound like Euphrates, and like Jordan in the time of harvest ; this grain of mustard seed*, to conclude with the image made use of by our Blessed SAVIOUR himself, which at present, indeed, is the *least of all seeds*, shall one day be the *greatest among herbs, and become a tree, so that the birds of the air shall come and lodge in the branches thereof*. Which GOD of his infinite mercy grant !” And that He may keep you in His holy protection, is the fervent prayer of,

“ Dear Sir,

“ Your most obliged,

“ and faithful humble servant,

*Chelsea,*  
26 March, 1801.

“ JAS. NEILD.”

“ *To Dr. Lettsom.*”

I CAN-

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I CANNOT conclude this Section, in any other manner, so usefully as by the following Hints and Observations for the improvement of the present existing laws respecting imprisoned debtors, obligingly communicated to me by the benevolent Treasurer, and liberal supporter of the Society, I have now briefly described.

*First.* A total abolition of fees and lodgings, and a salary allowed by the county to the gaoler in lieu thereof: because when a debt is liquidated by being forgiven, by Superseas, or an Act of Insolvency—the gaoler detains the debtor for fees and lodgings, during pleasure, or even life, and his debt increases with his inability to pay it—thus the Gaoler becomes Judge, Jury, and Executioner.

*Secondly.* An equal county provision to every *certificated* debtor throughout the kingdom,

dom, *certificated* as paupers by the magistrate : because in some gaols the county allowance is two shillings, one shilling and sixpence, one shilling and nine-pence, *per week* ; whilst in many places there is no allowance at all.

*Thirdly.* The time of imprisonment for sums not exceeding any given sum, say 100l. to be proportioned to the magnitude of the debt: because, when a man finds himself insolvent, and in daily expectation of imprisonment, he often times wantonly increases his debt, because he shall as soon get his discharge for 100l. as 20l. ; and I have known many debtors who offered seven, eight, nine, and ten shillings in the pound to their creditors, on their commitment; which being refused, they have (very naturally) spent for their support in prison. If the magistrates at quarter-sessions were empowered to receive this composition, and lessen the quantum of imprisonment, it would serve excellently to discriminate betwixt the *unfortunate* and *fraudulent* debtor. On this subject I could say much.

*Fourthly.*

*Fourthly.* A power in the quarter-sessions to grant a debtor his sixpences, because in some counties the assizes are held only *twice* a year, and in others only *once*: the creditor must have fourteen days clear notice, which through the poverty or ignorance of the debtor, or neglect of the attorney, is *very* frequently neglected; so the poor wretch must lay at least half a year, perhaps a year, or years, in gaol, without benefit from that benevolent act.

*Fifthly.* That a notice served on the plaintiff's attorney should be deemed a legal notice: because it is allowed in England; whereas, in Wales, the notice must be served on the creditor himself, who may perhaps live eighteen or twenty miles from the gaol. When the poor debtor has collected as much money as will pay a person to undertake a journey through a mountainous and almost pathless country, the creditor may be from home, in a very distant part, or the messenger may pocket the money and never go at all—we have instances of this sort.



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*Sixthly.* An encouragement to work, by some manufactory established by the county, with whom the risque of the sale of the articles should lay, and two-thirds of the profit given to the debtor.

N. B. It is less criminal to permit inaction, than to compel it, which must be the case where there is no opportunity to work.

*Seventhly.* A chaplain to every gaol, and non-attendance on Divine Service (except in sickness) punished by short allowance.

*Eighthly.* An exemption from window-tax in every prison: because exclusion of light and air engender disease.—This you know better than me.

*Ninthly.* An entire separation from felons: because, in the language of our great moralist Johnson, "From such an association springs every corruption which *poverty* and *wickedness* can generate between them, with all the shameless and profligate enormities that

that can be produced by the imprudence of ignominy, the rage of want, and malignity of despair.

“ In a prison, the awe of the public eye is lost, and the power of the law is spent; there are few Fears, there are no Blushes.

“ The lewd inflame the lewd, the audacious harden the audacious. Every one fortifies himself as he can against his own sensibility, endeavours to practise on others the arts which are practised on himself; and gains the kindness of his associates by similitude of manners.

“ Thus some sink amidst their misery, and others survive only to propagate villainy.”

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*Introduction to the Account of the Rise, Progress, and Present State, of the Society for the Discharge and Relief of Persons imprisoned for Small Debts, throughout England.*

THE present charity derives its humble origin from a sermon preached at Charlotte-Chapel, Pimlico, and at Bedford-Chapel, Bloomsbury, in the month of February, 1772.

To afford relief for the miseries of those unfortunate persons, who are cruelly secluded from society by imprisonment for inconsiderable debts, was a powerful claim upon the preacher's humanity. It had struck his own mind with the deepest compassion, and his arguments therefore failed not to communicate and impress the like tender feeling upon his respective audiences. The collection then made, amounted to *eighty-one pounds and one shilling*. A general approbation of the idea

was

was declared ; and a set of gentlemen readily formed themselves into a Committee, to search out proper objects, and distribute donations with the utmost economy.

The distress and extreme wretchedness to which they were eye-witnesses, on visiting the several gaols of the metropolis, strongly affected their sensibility ; and the more so, as it was soon found that many other objects still remained undischarged, without the means of relief. They determined, therefore, to give the public an account of their proceedings, in hopes that it might operate as an incitement to help forward so humane a purpose ; and thus enable them to accomplish their wishes on a more extensive scale.

Accordingly, in April, 1772, they advertised a report, specifying the manner in which they had expended the bounty of a few individuals ; and “ that with *four score* pounds they had happily released *thirty-four* prisoners ; most of whom had large families, and appeared to be worthy and useful members of

society; some of them were confined *only for their fees*, and the debts of others the Committee compounded upon the best terms they could. They expressed a great regret at the thought of leaving behind them, various other imprisoned suppliants; nineteen of whom appeared to be the greatest objects of compassion, and might all be discharged for less than one hundred pounds; and of the rest, many were evidently such as well deserved to share the mercy of the public, if it were possible, by future contributions, to extend that blessing to them."

Their views were instantly seconded by a liberal and well-disposed public. They soon found themselves enabled to reach out the hand of pity to a very large number of miserable sufferers in confinement; and early in May, 1773,—within *fifteen months* from the commencement of the undertaking, the following was published as their



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whose usefulness, long cut off from exercise by confinement, was thus restored to the community. The Charity, of course, was found to claim a serious attention, not merely from the avowed *humanity* of its purpose, but also from the *advantages* which it afforded to society at large; and which, in a commercial country, like ours, could not fail of striking conviction upon every judicious mind.

It likewise appeared, on a review of the Committee's books, that various considerable debts, to the amount of *twelve thousand* pounds and upwards, had been so compounded and reduced, as to bring the objects relieved in those instances, within the scope of their first intention—and to which they have ever since invariably adhered; namely, to include “such prisoners only whose respective debts, or the *composition* for whose debts, should not exceed the sum of TEN POUNDS\*.” By this means a two-fold

\* See Rules and Orders, Sect. VIII, Art. 1.

benefit

benefit was secured : for, at the time of compounding such larger debts, the Committee constantly paid an equal attention to the peculiar circumstances, both of the Creditor, and of his helpless Debtor.

A progress so rapid and animating, naturally gave ardour to the zeal of its conductors. It was considered, indeed, and owned, as one of those GREAT EVENTS from LITTLE CAUSES, which lift the eye to Heaven in admiration, and expand the human heart. The rich cordial of benevolence was now largely flowing out, as upon a once barren soil ; and *the desert became a fruitful field !*

Thus encouraged to persevere in the good work, the gentlemen originally concerned, determined to omit no means of giving it dignity, stability, and success : application was accordingly made for that purpose : on the 5th of May, 1773, at a General Meeting of Benefactors, the SOCIETY was constituted as follows :



\* Rt. Hon. Lord ROMNEY, *President.*

\* Rt. Hon. Lord Chief Baron

SMYTHE,

Rt. Hon. Lord Viscount BEAU-

CHAMP †,

\* Rt. Hon. Mr Justice NARES,

\* JOHN THORNTON, Esq.

Mr. NEILD, *Treasurer.*

\* Mr. NELME, *Secretary.*

} *Vice  
Presidents.*

And at the same Meeting the RULES and ORDERS hereafter mentioned, were settled, approved, and confirmed.

Such were the singular triumphs of philanthropy at a very early period of the Institution: the little spark was now roused and animated into a wide and genial flame: and it is pleasing to remark, that an experience of now *more than seven-and-twenty years* hath fully evinced its justice and propriety; while

\* Since deceased.

† The present MARQUIS of HERTFORD.

it

it hath also superadded many other arguments of a most cogent nature, to encourage and support the benevolent design.

The SOCIETY for the Discharge and Relief of Persons imprisoned for small debts, thus instituted in February 1772, and whose office is held at No. 7, *Craven-street, Strand*, is now under the direction and management of the following Noblemen and Gentlemen.

Rt. Hon. CHARLES, Lord ROMNEY, *President.*

Rt. Hon. Earl of RADNOR,  
The Most Noble Marquis of  
HERTFORD,  
The Hon. PHILIP PUSEY,  
Sir CHARLES MIDDLETON, Bart. } *Vice-  
Presidents.*

JAMES NEILD, Esq. *Treasurer.*

1799.

*Forms of Application to this Society for Relief.*

THE Debtor receives *gratis* from the Gaoler a printed Petition, of which the following is a copy ;

*To the Right Honourable the PRESIDENT, the VICE-PRESIDENTS, and other Members of the Society for Discharge and Relief of Persons imprisoned for Small Debts.*

The humble Petition of  
late of \_\_\_\_\_ Street, in the  
Parish of \_\_\_\_\_  
in the County of \_\_\_\_\_

SHEWETH,

THAT your Petitioner—*hath not received any benefit from your Society heretofore* : That he is in the \_\_\_\_\_ Year of his Age: by profession a \_\_\_\_\_

and

and hath \*

THAT he was committed to the Prison of  
on Day of  
and continues confined on the †  
of the said Prison for Debt of £.  
sworn to by ‡

of  
Street, in the Parish of  
for §

h Attorney, is Mr.

who hath proceeded  
against your Petitioner in the Court of ||

\* Insert the Wife, and number of Children, if any, under  
fourteen years of age.

† Insert the side of the prison where the debtor is confined.

‡ Insert the Plaintiff's name, profession, and abode.

§ Insert what KIND of value the prisoner had of his plain-  
tiff for the debt.

|| Here mention the Court whence the Writ issued : also  
Dates of the Declaration, Trial, or Judgement, as the case  
may be ; and if supersedable, the Time WHEN ; and for what  
REASON.

THAT

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THAT it may require £. . . . . s. . . . . d.  
to pay for . . . . . and  
also to pay the Prison-Fees to obtain your Pe-  
titioner's Liberty : who having no Effects, or  
Power to discharge the same, most humbly  
prays to partake of your bounty, in such way  
as to you may seem meet ; and refers to \*

of . . . . . in the  
Parish of . . . . .  
and  
. . . . . of  
Street, in the Parish of  
for a Character of his *Sobriety and Integrity.*

DIRECTIONS TO THE PRISONERS:

I. Debtors who desire to partake of this  
Charity, must apply by *printed* PETITION  
ONLY; a Form of which, as above, may be  
had of the respective Keepers, GRATIS.

\* Insert the Names, Professions, and Places of Abode of  
two Housekeepers who are acquainted with the Prisoner's  
Case; but if a Country Petitioner, reference must be made  
to the Clergyman, Churchwardens, &c. of the Parish wherein  
he or she lately resided.


II. No

II. No Petition will be attended to, unless filled up fully and exactly, as directed in the Margin ; those Directions being so plain, that no difficulty can arise. It is therefore desired that every Petitioner will fill up his or her own Petition.

III. Those who apply for their Liberty by Superfedeas, or for Sixpences, must send a Copy of their Cause, or Causes, with the Keeper's Certificate.

IV. All LETTERS, PETITIONS, &c. are to be forwarded to the Letter-Box, No. 7, in Craven-street, Strand, *Post-paid*.

*N. B. An Attempt to impose on the Society in any Particular, will prevent the Petitioner's being relieved.*

 A letter of thanks will be expected from every person discharged: it is desired that no Bond, Note, Warrant of Attorney, or Obligation whatever, be given to such Plain-  
tiffs



*the benevolence of the Public to every worthy object (and to such only) request to be informed by you of the manner in which the Debt was contracted: Whether in the common and ordinary course of Business, or on specious Pretences; and of such other circumstances, as may enable the Society to judge of the Petitioner's true character, and of his qualification to partake of the public bounty from this Charity.*

R. GRASSWELL, Sec.

Be pleased to write your Answer on the back of this paper; and direct it

*To be put into the Letter-Box, No. 7, Craven-street, Strand.*

SECTION





SECTION V.

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H I N T S

RESPECTING

FEMALE CHARACTER\*.

AND A REPOSITORY FOR

FEMALE INDUSTRY.

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—Keep within the rear of your affection,  
Out of the shot and danger of desire ;  
The chasteft maid is prodigal enough,  
If she unmask her beauty to the moon ;  
Virtue itself 'scapes not calumnious strokes.

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**AS** the Ledger breathes a spirit of benevo-  
lence and chastity, which has hitherto distin-  
guished it from most other periodical publica-

\* Printed in the Monthly Ledger, V. p. 635. Anno 1774.  
tions,

tions, I doubt not but the following lines will find a place in a repository so friendly to humanity, virtue, and the interests of the fair sex.

There is a principle implanted in human nature, which excites a propensity in each sex towards the other, at a very early period of life ; and supports an attachment, to the latest moments of it. It is the grateful gift of Heaven to every foil, and to all degrees of people ; to the beggar, equally with the prince on the throne : the tyrant cannot destroy it, nor can edicts quench the flame ; but, in all civilized Societies it has been found requisite to restrain it from exceeding the limits of policy and good government. As mankind increased, and approached nearer a state of refinement, the institution of marriage became more necessary, to the security and happiness of the community ; and it had very early, the countenance of the wisest lawgivers : which security in Society of the property of every individual, is liable to produce a desire, to accumulate more than

than is necessary to the support of the possessor, and must at once procure power and ambition, which terminate in luxury. Whenever a people acquire this state of refinement with its concomitants; natural propensities and affections oftentimes yield to policy and schemes of aggrandisement. Love, which should be spontaneous, and free as the air we breathe, is bartered for gold and silver; and those laudable passions which are unrestrained in ruder countries, are turned out of their natural direction, and conveyed into channels of cold prudence, ambition, and power. Thus the health and vigour of nations undergo revolutions as certain and progressive almost as the planets. In the present period, where men and women have too often a price affixed upon their affections, by the avarice of parents, or the luxury of the times; it is not to be wondered at by those who consider the propensities of mankind, that human nature, thus unnaturally restrained, should exceed the restrictions of policy and human laws. But a person of humanity, who contemplates objects with a sense of his own

frailty, will ever be indulgent to the deviations of his fellow-creatures; and recollecting the various means by which an unsuspecting maid may be seduced, and her peace and innocence annihilated; he will pity while he condemns:

Nor with the guilty world upbraid  
The fortunes of a wretch betray'd;  
But o'er her failing cast a veil,  
Remembering he himself is frail.

BROOKS'S Female Seducer.

As I have been long conversant with the unfortunate part of the sex; I am enabled to relate the most affecting histories of the origin of these misfortunes. But as this would render more public the poisonous arts of deceit, which have been too successfully practised, I shall not make your publication the vehicle of seduction, but acknowledge that many an innocent creature has verified the poet's affecting description:

Long she flourish'd,—  
Grew sweet to sense, and lovely to the eye;  
Till

Till at the last, a cruel spoiler came,  
Cropt this fair rose, and rifled all its sweetness;  
Then cast it like a loathsome weed away.

Rowe.

The means, however, I know, are not a few; and the unguarded moments, amongst even the innocent part of the female sex, not unfrequent; which are truths that every woman should profit by, and every parent should regard, in order to obviate the influence of avarice in their conduct; in bartering the affections and passions of their offspring for mercenary advantages, which were designed for happiness, for joy, and comfort:

For marriage is a matter of more worth,  
Than to be dealt in by attorneyship.

As the unsuspecting, in that moment wherein innocence is not upon the guard, may be led into that distressed situation from which too few return, more from the contempt they meet with from their acquaintance, than from a vicious disposition; how

important is it to cultivate a spirit of compassion that endeavours to reclaim and protect a friend, thus suddenly plunged into distress ! instead of that usual disregard which drives the unhappy victim from the example of virtuous company, to a course of conduct which at first she was incapable of pursuing.

Alas, those shrinking friends decline,  
 Nor longer own that form divine ;  
 With fear they mark the following cry,  
 And from the lonely trembler fly :  
 Or backward drive her on the coast,  
 Where peace was wreck'd, and honour lost :  
 From earth thus hoping aid in vain,  
 To heaven not daring to complain ;  
 No truce by hostile clamour given,  
 And from the face of friendship driven,  
 The nymph sinks prostrate on the ground  
 With all her weight of woes around.

Brooks's Female Seducer.

In this recent agony of distress, sometimes indeed the hand of pity, of friendship, and of humanity, has been extended, and seldom in vain. There is no state demands more  
 6 movingly

movingly the tear of compassion; nor is there any more worthy to touch the bosom of either sex with sympathy, and animate it to afford protection. May I, fair readers, induce you thus to think and act towards your unfortunate sisters, before vice becomes habitual, and the amiable characters of sensibility and affection are converted into a polluted channel! Some who once seemed devoted to destruction, I now have the happiness to be acquainted with, who have lived to bless and animate the attachments of their husbands, and to set a good example to the fruit of their affections. What a source of happiness must you acquire, should your charitable endeavours be crowned with success, and allow you to join the amiable author of the "Fool of Quality" in his cheering invitation!

Lovely penitent, arise,  
Come and claim thy kindred skies;  
Come, thy sister angels say,  
Thou hast wept thy stains away.



You have an example of benevolence, in the decision of Christ; which the more you contemplate, the more your sympathy will be excited towards the unfortunate of your sex, and the more readily your forgiveness and assistance will be extended to them, in that state of distress, when the mind is not irreclaimable; which example inspired the immortal Bard in his "Measure for Measure."

—————How would you be,  
If he, who is the top of judgment, should  
But judge you as you are,—————

Hitherto, I have pleaded for pity toward those who have really deviated from the paths of chastity, when rigid virtue may have some pretext for admitting neglect and contempt of the unfortunate; but humanity must be shocked at the facility with which many persons of each sex receive insinuations against the reputation of innocent females, of a certain gaiety or rather elegance of behaviour; and who, instead of investigating the truth by indulgent candour, or suspending their  
credu-

credulity, or reflections, from a consideration of what they would wish others to do, were they in the same predicament, are too liable to breathe the whisper of calumny into public report; which, added to a cold indifference of treatment, form the most likely methods of driving the injured innocent to realize, what detraction alone first fabricated.

These reflections are not the result of mere speculation, but are deduced from examples in real life, where I have taken some pains to tear away the obloquy which has been thrown over some young women of my acquaintance, and to restore the diamond of female innocence to its genuine lustre and value; but, as this essay is already extended to a considerable length, I shall conclude it with the following *Hints respecting a Repository for Female Industry*.



AS idleness is one of the greatest inlets to want and vice, so industry conduces to sufficiency,

ciency, and to virtue ; and were employment at all times to be procured, industry would become more general, and vice less prevalent ; especially if with the exercise of industry the rewards of it could be immediately applied : this would be particularly applicable to a very considerable and important class of women in great towns ; the lower class is defined chiefly to become servants in superior families ; but there is an intermediate rank of females, whose education and habits render them above menial occupations ; such as daughters of decayed tradesmen, or of persons with incomes too small to enable them to live decently, without some additional means of aiding them by some domestic employments, which they can engage in at home, and thereby remain under the eye of their parents, or be an eye themselves to younger children.

There was a time when sewing, and plain-work, afforded assistance to thousands of such females ; but this source is completely dried  
up.

up, by the cheap work of girl emigrants in charities, as the Magdalen, the Asylum, &c.

But where a spirit of industry is encouraged, various kinds of occupation will be cultivated by the ingenious mind: and of these I have observed with equal admiration and approbation, such as tambour-work, needle-cy-painting, straw-manufacture, and various other means of exercising ingenuity. After pleasing and productive industry, the hapless female experiences little advantage, unless she can find a ready market for them; the purchase of the things she makes without a proper mart, attended with expences, and difficulties; and she must still want the necessaries of life, while the value of her goods lies on her hands; whereas, should they have been immediately disposed of, they would have contributed to obviate every difficulty.

To aid many unfortunate but ingenious Emigrants, a Repository has been established, where the products of their industry are sold for

sale; but that period may be very distant, or never occur; and in the mean time, want, with its baleful influences, may have given occasion to events, never to be recalled! to a step, never to be re-trodden!

The plan I wish to suggest is, to reward industry as soon as it has become productive; to pay a certain price, a little under the value, for every article of female ingenuity brought to the Repository, wherever that Repository may be established; by this means, no young woman will labour without an immediate reward; industry will be encouraged, and virtue protected.

Once or twice a year, a sale of the goods on hand may be made by auction; and if any loss be sustained, let it fall among the Governors or Patrons of the Institution; individually it must be trivial; and if the articles fell for more than the sum at which they were estimated, let the profit be paid to the young artist upon her application.

Such


Such a system would gain the blessing of the daughters of many clergymen; of young women brought up to good expectations, whose fathers have died in reduced circumstances; of thousands that class a little below the middle ranks of life, upon which the happiness and the virtue of the community greatly depend.





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*F. Goussier del.*

*the M.D.*

SECTION VI.

---

H I N T S

RESPECTING THE

*PREVENTION OF INFECTIOUS FEVERS.*

AND THE ESTABLISHMENT OF

HOUSES OF RECOVERY.

---

**A**T this period of science, when the nature of infectious fevers is generally ascertained, it would be superfluous to repeat arguments to prove, that such diseases will appear among human beings, in certain close ill-aired situations, and their fatality and extension increase where want of food, of change of raiment,

and of cleanliness, are superadded. It has likewise been ascertained by indubitable experience, not only in these fevers, but even in the plague, that the infectious effluvia, happily for mankind, by diffusion in the air, lose their virulence, and become inert; and hence that the removal of the unhealthy, at such a distance from the healthy, as shall afford the means of destroying the action of the infectious effluvia, will prevent the extension of disease.

It would, in a restricted sense, promote the safety of the healthy, were they removed from infected persons; but this would not remove the infection, already generated and existing in the apartments, and furniture of the unhealthy. It is indispensably necessary, in order to effect this salutary end, to purify these chambers of disease and death; which cannot be done without the removal of the subjects infected. Hence some distinct place must be prepared for their reception.

When

When these infectious fevers occur among the lower class of the community, who chiefly reside in narrow alleys and courts, and where several families inhabit one house, the disease spreads more or less rapidly, within these precincts; and, by communication of visitors or otherwise, more widely among every rank of the community.

However obviously these facts must appear, and however easy the means of stopping the progress of infection must prove, adequate attention had not been paid to these subjects, in any large town, within these realms, till my learned and humane friend Dr. HAYGARTH, late of Chester, but now of Bath, suggested a plan, and carried it into effect in the city of Chester, for preventing and stopping the progress of infectious fevers; which he has fully described in his letter \* to that

\* In justice to my quondam fellow student Dr. ROWLEY, I ought to notice here the judicious arrangements he had long since made in the Mary-le-bone workhouse and infirmary, for the accommodation, not merely of the fever pa-

that enlightened physician and philosopher Dr. PERCIVAL, of Manchester, of which I shall avail myself in this place\*.

“As the fever wards of the Chester Infirmary, in size and situation, are peculiarly favourable to the success of such an establishment, a description of them may be useful, and may suggest the adoption or construction of similar wards in other hospitals, for the same important purpose. In the year 1783, in looking out for proper accommodation, I found the attic story on the North side of the building unoccupied, and merely a lumber-room. It is ninety-six feet long, twenty-one broad, and being not ciled it is open to the roof, which is sixteen feet high. This chamber is divided by a partition in the middle, thus forming

tients, but also of those labouring under different diseases. Every medical person, who visits London, either for curiosity or study, should devote some attention to this spacious and salutary structure; and even magistrates might visit it with advantage; as my friend Dr. Rowley is ever liberally disposed to give every information which might enable them to introduce improvements into similar structures within their jurisdiction.

\* A Letter to Dr. Percival, on the Prevention of Infectious Fevers, by John Haygarth, M. D. &c.

two wards of forty-eight feet each in length. Through them is admitted a very free circulation of air, by nine windows, which are placed on all sides of the wards, and by others in the adjoining passages; by a door in the partition between the wards, and by a large aperture in the upper part of the partition. Several of these windows are constantly open during the day, nor are they all closed even at night, if the patients be numerous, and the weather moderate.

“ Adjoining to the West end of these wards is a room for the nurse, into which a fever patient is sometimes admitted. At the East end of the wards, a wash-house is conveniently situated, so that no foul clothes need be brought among the other patients. On the same side and floor, there is placed a separate necessary, which prevents all personal intercourse with the rest of the hospital.

“ In order to complete this description, it will be proper to insert the following account of the Chester fever wards, which was written in the form of a certificate, to be signed by the medical and other governors of the infirmary; to obviate the alarms at Manchester, lest the House of Recovery there, placed in a spacious area, should commu-

nicate the infectious fever to the neighbouring inhabitants :

“ *April 27, 1796.*

“ The Chester Infirmary is a close square building. Its inner area is eighteen yards and a half by fourteen yards. The attic story of all the North side of the house, divided into two wards, has been appropriated to the reception of patients in infectious fevers ever since the year 1783. Patients that have no fever are lodged under them, and on the other sides of this area. The windows of the fever wards, during the day, are almost constantly open into all the other wards, one ward is situated within *thirteen yards of the fever patients*, with whom it communicates on the same floor, by a passage and doors frequently open ; and yet during the whole period of this establishment, now above twelve years, it has never been suspected that the patients in other parts of the house have caught any infection from the fever wards by any contamination of the atmosphere ; nor from any transgression of the *rules of prevention* ; which require ventilation, cleanliness, and separation, and may be seen in Howard’s Account of Lazarettos, p. 209, as follow ;

“ **RULE**

“ RULES for the *Fever Wards* ; to prevent the *Infection* of other patients in the Chester Infirmary.

“ I. Fresh water and coals are to be brought to the fever wards every morning ; and other necessaries on ringing a bell.

“ II. No fever patients, nor their nurses, are suffered to go into other parts of the house. No other patient is allowed to visit the fever wards ; nor any stranger, unless accompanied by the apothecary or his assistant.

“ III. Every patient, on admission, is to change his infectious for clean linen ; the face and hands are to be washed clean with warm water, and the lower extremities fomented.

“ IV. All discharges from the patients are to be taken out of the ward as soon as possible.

“ V. The floors of the wards are to be washed very clean twice a week, and near the beds every day.

“ VI. All foul linen is to be immediately thrown into cold water ; and carefully washed twice out of clean water, in the adjoining room.

“ VII.



“ VII. Blankets, and other bed and body-clothes, are to be exposed to the open and fresh air for some hours, before they are used by another patient.

“ VIII. All the bed clothes of the fever wards are to be marked *Fever Ward*; and all the knives, forks, pots, cups, and other utensils, are to be of a peculiar colour, lest they be inadvertently taken among other patients.

“ IX. Several windows in the fever wards are to be kept constantly open in the day, except the weather be very cold or wet; and some of them should not be shut in the night, if the patients be numerous, and the weather moderate.

“ X. No patient can be suffered to wear, nor any acquaintance to take away, any linen unwashed, nor other clothes, till they have been long exposed to the fresh air.”



IN reflecting upon the importance of the object which Dr. Haygarth has happily effected, of stopping the progress of infectious fevers,

fevers, by a plan equally simple and efficacious, the mind dwells with pleasure in witnessing the influence of philanthropy directed by medical science, in snatching victims of contagion from the deleterious air of an infected chamber, and in preserving whole families, with the friendly visitors, from the insidious poison ready to invade every age and rank, and to spread disease and death among the community.

In arresting and subduing two poisons \*, the most fatal to the human race; in unveiling imposture clothed in the meretricious garb of bold quackery †; the philanthropic physician justly acquires the approbation of a grateful public, and, with a mind conscious of having deserved it, is truly rich in its own reward, as his own sentiments testify.

\* A Sketch of a Plan to exterminate the casual Small-pox from Great Britain. London, 8vo, 1793. Letter to Dr. Percival.

† Experiments on Metallic Tractors.

“ IN this probationary state of existence, for good but inscrutable purposes,” he observes, “ there is, in all human affairs, an admixture of pain and pleasure, fear and hope, disappointment and enjoyment. On looking at the world around me, I have reason, much reason, to be gratefully thankful to the wise Disposer of all things, that hitherto my lot has been comparatively fortunate, prosperous, and happy, with a mind well disposed to relish such felicity. But to one who has passed through such a busy and varied scene of life, who has had such intimate intercourse, and for so long a period of time, with the different ranks of society, some painful anxieties have undoubtedly been my portion. Upon these, and many other occasions, the contemplation of plans for the prevention of distempers, and others for the improvement of the children of the poor in habits of industry, morality, and religion, has ever had the happiest influence, in restoring a placid serenity of mind, and in administering heartfelt consolation in scenes of the deepest melancholy. What sublunary object can be esteemed of higher value? Pursuits of this kind may justly be said to bring with them their own reward \*.”

\* Letter to Dr. Percival, p. 138.

IN quoting the preceding rules, the authors of the Critical Review (vol. XXXII. new series, p. 443.) make the following remarks :

“ TO these we may add, that the nurses and attendants should occasionally go into the open air, and expose themselves, if possible, to a breeze; a little red wine, or a decoction of the Peruvian bark, may be also drunk in the worst situations, and, should any bad taste be perceived in the mouth and throat, it should be immediately gargled and washed with brandy, *after which* about a table spoonful should be swallowed. With these circumstances we have faced with impunity the most dangerous situations.”



DR. HAYGARTH, in the investigation of the Rules of Prevention, seems as solicitous to avoid every superfluous restriction, as to include all useful regulations; and from the numerous facts he has adduced, it is indubitably proved, that neither fumigations, nor wine, bark, or brandy, are necessary, and  
medical

medical visitors or others could not conveniently carry wine, bark, and brandy, in their pockets; and were nurses and attendants to drink brandy as often as they perceive a bad taste in the mouth and throat, they would rarely be sober. The use of spirituous liquors should not be recommended to either sex; the habit is already too predominant. Howard, who drank nothing but milk and water, would not have given this advice.

So fully convinced was Dr. Haygarth, from long experience, of the benefit of the Chester Infirmary, in stopping the progress of infectious fevers, that he observes (p. 52):

“ I AM confident that our two fever wards do ten times more real good in the prevention of misery, and the preservation of life, than all the other parts of the Infirmary.”

---

UNDER this conviction, he very humanely and judiciously observes (p. 117.), that

“ THE

“ THE benefit of such institutions may be extended even to the metropolis, with still greater certainty of success. Contagious fevers appear to be the chief cause why there is a much greater proportional mortality in large than in small towns, and houses dispersed in country situations. Lanes, entries, and courts, communicate infection to each other. Whole families sink down together, oppressed with putrid fevers, in penury and wretchedness, without a single hand to afford them help or comfort. Such calamities, however dreadful, might be easily and effectually prevented, and at a very moderate expence, if compared with the inestimable blessings which might thus be attained.

“ If six or eight hospitals, situated in different parts of London, would open a spacious ward for each sex, in some part of the building, or closely adjoining to it, the most salutary consequences would soon be manifest. Except in checking the ravages of the casual small-pox, no human exertion could be employed with so much such success, to prevent the misery and destruction of the poor as the accommodations here proposed.”

FROM

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FROM the opulence of the metropolis, and the frequency of infectious fevers, it may become an object worthy of carrying into execution, to build a distinct hospital or infirmary for the reception of such diseases; and my learned friend Dr. Haygarth, who the publick are well convinced, has turned his attention to the prevention of them, has favoured me with the annexed plan of a building, calculated for this most important purpose.

*Explanation of the References of the Fever  
Hospital.*

- A. Ward 40 feet long, 21 broad, 14 high.
- B. The same.
- C. An aperture in the upper part of the partition, to admit free circulation, with a door of communication below.
- D D D D. Water-pipes.

E E E E.

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E E E E. Water-closets.

F. Wash-house.

G. Nurse's chamber.

H. Admission-room.

I. Apothecary's shop.

K. Kitchen.

L. Wash-house.

M. Room for clean clothes.

N. Room for dirty clothes.

O. Bath.

P. Apothecary's chamber.

Q. Servants chamber.

The second story for women.

The third story for men.

The fourth attic, 8 feet to the beams, and 3 feet to the roof, not to be ciled; one ward for each six of convalescents, or when the other wards are much crowded; or when here are bad cases, which require separation from the rest, the attic story may receive them; for this purpose the attic story might

be divided with advantage into smaller apartments.

*Manchester* \*, not less distinguished for the cultivation of the sciences than of the arts, followed the example of *Chester*, by instituting Houses of Recovery, instead of appropriating a portion of an hospital, for the reception of infectious fevers; the success of this establishment has been communicated to the public by THOMAS BERNARD, Esq. † which I should have introduced here, were it not that the same benevolent hand has since drawn up an account of a similar institution in the metropolis ‡, which I shall insert in this section, premising some account of the *Waterford* House of Recovery, with re-

\* *Liverpool*, with its usual public spirit, observes Dr. Currie (O&A. 10, 1801), is erecting an extensive hospital for the reception of fever and other contagious diseases.

† Extract from An Account of the House of Recovery, established by the Board of Health at Manchester. By Thomas Bernard, Esq. Society for bettering the Condition of the Poor, No. XIII.

‡ Account of the Institution for the Cure and Prevention of contagious Fevers in the Metropolis, originally published by the Society for bettering the Condition of the Poor.

marks

marks on the state of the poor in the metropolis; and concluding with some miscellaneous observations.

The invaluable publications of the Society for bettering the Condition of the Poor have been very generally read, and in the benevolent mind must kindle a similar ardour, to administer aid and comfort to this distressed class of the community, and particularly under the complicated miseries of want and disease. To stop the progress of infectious fevers, HAYGARTH, as I have observed, had already pointed out the means; of which at length the sister kingdom availed herself, and both Dublin and Waterford have emulated the establishments of Chester and Manchester with the happiest success.

The management of the House of Recovery at Waterford is now before me, aided by a manuscript history communicated to Thomas Bernard, Esq. and I presume that a short account of this institution would afford some useful hints to such as have similar establishments in contemplation. The mode of find-

ing out the patients—and of conveying them to the House of Recovery—the admission of air under the beds \*, and their suspension above the floor when not in use, are objects that merit attention, as well as the species of bed or mattresses employed, and the clothing of the convalescents, although not very dissimilar to the precautions adopted by my ingenious friend Dr. ROLLO, in the Woolwich barracks, which are described in his “Short Account of the Royal Military Hospital at Woolwich.”

\* The safety and expediency of this mode of conveying cold air may be doubted.

*Waterford*

*Waterford House of Recovery* \*.

THE plan which has been pursued in the admission of patients, and regulation of the charity, is nearly as follows :—On notice being given at the House of Recovery, by any of the medical attendants, that patients labouring under contagious fever are desirous of admission, a covered litter, provided by the house for this purpose, is sent for them, and they are conveyed to a clean and well-ventilated ward; all their wearing apparel is removed from them, and immediately washed and purified from infection. Clean linen, and bed-clothes are amply supplied, which are changed occasionally; and, during their stay in the house, every attention is paid to them which is necessary for persons in their situation. Six medical gentlemen attend in rotation for two months at a time.

When the patients are in a state of convalescence, they are removed into a separate ward, and supplied with clean dresses, which consist of a white woollen jacket and trowsers for the men,

\* Second number of the Reports of the Society for promoting the Comforts of the Poor in Ireland, p. 98.

and a jacket and petticoat for the women; on dismissal from the house, the wearing apparel brought in is returned, after it has been washed and purified from infection. All the internal regulations of the House of Recovery at Manchester have been as nearly as possible adopted in this place\*.

\* We have not adopted that regulation which relates to wrapping the body of the deceased patient in a pitched cloth, from the prejudices of the lower classes, who are so attentive to the appearance of the body of their friends after death; neither have the fumigations with nitrous gas been persisted in, from an opinion, that as the other modes of purification from contagion were so fully pursued, it might be dispensed with, except on the appearance of a fever remarkably infectious.

Contagion is communicated frequently by infected cloaths; the poor, when reduced by sickness to poverty, are obliged to pawn them; and a physician of this city observed, in two instances, a bad fever spread through pawnbroker's families.

When the yellow-fever prevailed at Grenada, after existing some months in the harbours, it first appeared on shore with a negro girl, who took sailors clothes to wash; every one of those who inhabited the same house were seized with it, and it spread successively through the town; and Chisholm supposes that the disease was conveyed from Grenada to Philadelphia principally by the woollen jackets of deceased sailors.

A brief

A brief description of the house and furniture will not be deemed superfluous by those who wish to adopt this plan in other places. The house stands in an elevated situation in the suburbs, with a piece of ground annexed, which is applied to drying and airing clothes, and to the use of the patients for exercise. By sinking a pump, an abundant supply of water has been procured. There is a range of houses adjoining to, and also in front of it, notwithstanding which, febrile infection seems to have been considerably diminished in its neighbourhood: this can be easily accounted for, from considering that the inhabitants of the vicinity must have better opportunities of learning the advantages offered to them, and consequently stronger inducements for accepting them; besides, the necessary steps for admission can be taken with less trouble.

By building an addition to the house converted to this purpose; four wards were fitted up, containing 25 beds; two of these wards contain 8 beds each, and are appropriated to the patients during their illness, one to men, the other to women\*.

\* Perhaps a greater number than eight should not be admitted into a ward; since fever patients, by their moanings and complaints, must disturb each other. EDIT.

The dimensions of the wards occupied by those in sickness are 32 feet in length, 16 in breadth, and 11 in height. In the fitting up of these, ventilation and cleanliness have been chiefly kept in view, as two most important objects on which the recovery of the sick, and the safety of the attendants, in a great measure depended; with this intention the windows are made large, and are placed opposite to each other; there are openings, also, on a level with the floor and ceiling, for the free admission and circulation of the air—these are so contrived, that they can be closed occasionally, and the wards kept at an equal temperature. No useless furniture is admitted, the window-stools serving for holding the patients' food and medicine: with the same intention, and also to prevent accumulation of dust, the walls are smooth, and without projections.

The bedsteads are made of hammered iron, consequently occupy but a small space, are more easily kept clean than those made of wood; and do not harbour vermin; they are corded across, and ticks filled with straw are laid on them, which are occasionally washed, and the straw renewed; when the beds are unoccupied, the bed-clothes are removed from the wards, and the bedsteads hang on hooks against the walls, in order to give  
room



room for washing the floors. Every thing necessary to facilitating the whitewashing of the walls and cleansing of the floors is provided; for the latter purpose, hair brushes with long handles, and mops, are employed. It was mentioned that the patients were conveyed to the house on a litter: this consists of a packing bottom extended on a frame placed between two poles, over which there is an oil-cloth covering stretched over hoops. The advantages of this are, that the patients can lie horizontally, which is of some importance, where the fever is accompanied with great debility; it is very light, and is as easily carried by two men as a sedan chair, also the patient is conveyed in private to the house.—Besides the physician and surgeon, one of whom attends each day, the apothecary, who has an annual salary, visits morning and evening to compound medicines, and keep a regular list of the patients admitted and discharged. Medicines are supplied, *gratis*, by the dispensary.—The servants of the house are, a housekeeper, and three nurse tenders, besides a porter, who assists in cleansing the house, and carrying in the patients.

EVERY

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EVERY part of London claims the aid of an Hospital, or of a Dispensary, for the relief of the sick poor. Each of the former might devote at least one ward for each sex, to the reception of infectious fevers. It is probable, that the Hospitals would admit only their own immediate patients, that is, those recommended by the governors. Although many fever-patients might be admitted into one apartment, with propriety to themselves and safety to the nurses, were air freely admitted; yet I conceive it would be adviseable to have smaller apartments, for such at least as labour under violent delirium, which undoubtedly must incommode other patients who retain their senses, if the former were continued in the same ward. It is certain, however, that no Hospital, or Infirmary, can be secure from typhus, or the hospital-fever, without the establishment of a distinct ward for infectious fevers.

The

The Dispensaries in the metropolis are numerous; and, independent of prescribing for the patients who are able to attend at these Institutions, the physicians visit, at their own miserable habitations, those of the recommended, who are confined by the severity of diseases. It is thus, that from the Eastern extremity of Limehouse to the Western at Milbank; and on the North, from Islington and Somers-town, to the South as far as Lambeth; and, by means of the Greenwich Dispensary, to Newington and Peckham, including a space of nearly fifty square miles, a system of medical relief is extended to the poor, unknown in any other part of the globe; yet in all this extent of human beneficence, not one House of Recovery for infectious diseases has hitherto been instituted; at length, however, by the alarm of disease and poverty, by the writings of Dr. HAYGARTH and of different physicians in London, the suggestions of WILLAN, the pathetic appeals of MURRAY, and the philanthropy of a COLQUHOUN, a DURHAM, a BERNARD, and others, this reflection will no longer

longer apply to the metropolis, and one House of Recovery agreeably to the annexed account, is now preparing for the reception of patients; and others, it is natural to presume, will be instituted in different convenient parts, for this politic and national security. To eradicate more speedily the fomites of disease, the prolific sources of infection, energy should be adopted, that success may be insured.

When poor patients are removed into the House of Recovery, their former apartments will of course be whitewashed, and cleansed from vermin and all impurities, as well as the furniture and clothing; and so far these individual apartments will be rendered secure and habitable; but the extent of the evil in London is immense; and if only such are attended to who may receive letters of recommendation, it will be but partially removed, because the most indigent are frequently friendless! The hint suggested by the governors of the Waterford House of Recovery, of out-visitors of the poor, seems well calculated  
to

to discover wretchedness, and by free admission to the receptacle of disease, whilst those infected abodes are purified, to stop the progress of disease, which correspond with the views my friend COLQUHOUN communicated to me early in the present year\*.

In the 14th of George III. ch. 59, an act of parliament passed, on the suggestion of HOWARD, to whitewash the prisons twice a year; with the addition of baths, &c. and

\* 1. To constitute an *Office of Health* for the immediate relief of the sick poor by medical and surgical assistance, gratis; and by dispensing medicines on the mere application of the parties, without the usual recommendations required for Hospitals and Dispensaries.

2. As a *Repository* of clean second-hand blankets, sheets, shifts, and shirts, and other necessary clothing, to be given to the poor, in lieu of bedding and apparel that are filthy and impregnated with the seeds of disease. The latter to be cleansed, and again brought into use.

3. As a means of eradicating disease, and preventing infection, and the recurrence of contagious distempers, by cleansing the habitations of the poor of filth and vermin, and by washing the walls and ceilings, and filling up the crevices where infection lodges.

were

were the plan of whitewashing\* and purifying the chambers of the sick poor, generally adopted, the sources of infection would doubtless be immediately diminished, and the Houses of Recovery less crowded.

It would seem but reasonable that these habitations should be cleansed at the expence of the parishes, did they possess the ability, if not of the landlords, as the one as well as the other would reap the advantages from such a process; but, unfortunately, where the poor abound, the parishes cannot even support them with food. The physicians of the Dispensaries, who pervade every avenue, and the meanest residence of poverty, could recommend to out-visitors, to be delegated for the purpose, the most infected situations; and these ought to be empowered, with the aid of the physicians, to apply those obvious means of eradicating the poison.

\* This has already been done at the expence of the Society for instituting Houses of Recovery in London.

Although

Although the scenes of extreme distress in this great city are numerous, as must evidently appear to the reader of the preceding sections respecting the poor; yet I believe them to be more dreadful than imagination has generally delineated. A man who is an honour to his country, and to his friends, upon whom the zeal and enthusiasm in alleviating the sufferings of humanity—of an HOWARD—is descended, is continually seeking out misery, in order to succour it, has often described to me his visits of philanthropy; and some letters, which I have lately received from him, afford such convincing instances of existing wretchedness, that I hope he will pardon the breach of private correspondence, for the sake of public good, in giving them here; as they may stimulate other benevolent individuals to emulate his benign exertions, and encourage the prisoner with the hope that the spirit of an HOWARD and a NEILD may ever hover around their loathsome dungeons.

*“ Chelsea,*

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“ *Chelsea, 17th Sept. 1801.*

“ DEAR SIR,

“ I HAVE the honour of your very friendly letter of the 12th instant. It was my intention to have set out for Rochester on the 15th, as soon as the business at the Commissioners Office was over, and, after visiting that gaol, to have proceeded on to Canterbury, Dover, and Maidstone. This, however, has necessarily been procrastinated till to-morrow, by a very affecting circumstance.

“ On Monday, the 14th instant, I went to the Borough Compter, formerly called the Borough Clink, and there saw nine poor objects imprisoned for very small sums; three of whom, *viz.* John Turner, Michael Stennison, and Margaret Evans, were very ill, and without any medical assistance whatever. Neither bed, blanket, coverlid, nor even straw, to lie upon. Their whole subsistence a two-penny loaf *per* day each, and water. No fire or utensils to cook their provision, or to warm them in cold weather. The court-yard only 19 feet square, so that neither muscular exercise,  
nor



nor free air, can be introduced. No mop, pail, brush, or broom, to keep the wretched apartments clean: the casements ready to drop off their hinges; scarcely a pane of glass in the windows: the floor of the day-room (on which there are but three or four boards remaining) too rotten to be walked upon with safety. Under these circumstances, I offered a composition to their several creditors; and on Wednesday the 16th had the pleasure to find six out of the nine liberated.

“ The gaoler informed me, that the poor woman was so extremely ill about a week before I came there, that he expected every morning to have found her dead,

“ Poor Hennison has the misfortune to have two creditors, one of whom will, and the other will not, accept the composition I offered. I have extended the time for his acceptance of it till the 19th, in hopes his heart will soften to the tears of distress. If he do not relent, I have directed the keeper to give the poor man 4*d.* a day, for the 36 days he will have to remain\*.

\* The composition offered was afterwards accepted. See p. 304.

“ The other two men are healthy, and decently clothed.

“ I have taken the opportunity of my friend Mr. Sheriff Cadell's official situation, to lay my statement of this prison, and likewise the necessity for an infirmary or sick-room in Newgate for poor debtors (mentioning the great pleasure I had in being accompanied by you the 8th of May last, through that extremely crowded but well-conducted prison), before the Court of Aldermen, or Commissioners of City Lands, as most expedient\*.

“ When I reflect on the misery and wretchedness above described, and the case of John Bailing, in the gaol of Aylesbury, it presents such a combination of woe as imagination could never have

\* In section IV. p. 226, a correspondence is introduced, in which the attention of a late Lord Mayor is conspicuous. I have a pleasure in acknowledging that I witnessed a similar disposition on applying to him during his mayoralty, on account of the prevalence of infectious fevers at that period. The city of London, sensible of his active and humane services, passed the following resolution, which I have preserved here, as a beautiful piece of literary composition, and as truly applicable to his character. EDIT.

“ In

Have formed, and makes one exclaim, "Contemplate the affecting picture, ye advocates for this inhuman practice, and learn the luxury of feeling for the miseries of others!"

"In Common Council, in the Chamber of the Guildhall of the City of London, on Tuesday, the 25th day of November, 1800.

*"Resolved, unanimously,*

"That the thanks of this Court be given to Harvey Christian Combe, Esq. late Lord Mayor, for the splendid hospitality with which he supported the dignity, and for the firmness and fidelity with which he discharged the duties, of the important office which he was appointed to fill by the impartial suffrages of his electors; for the easy access which he afforded to every man who sought assistance from his counsel or protection from his authority; for his steadiness in asserting the rights, and his activity in promoting the interests, of this great metropolis; for his temperate, manly, and upright conduct in Parliament; his attachment to the pure and genuine principles of the English constitution; and, above all, for that rare, but salutary and noble instance of wisdom with courage, and of justice with clemency, which he displayed during the late disturbances from the scarcity of corn, and for which his name deserves to be recorded in the annals of our history, as the friend of the poor, the guardian of the ignorant, the bloodless rebutter of the rash and tumultuous, the guardian of the peace, property, and lives of his fellow citizens, the preserver of the general tranquillity of the kingdom, as a magistrate who consecrated the legal exercise of power by the most amiable feelings of humanity.

"Rix."

“ I have not visited many prisons abroad, owing to my not speaking the languages with sufficient fluency; but that of Ghent, called *Maison de la Force*, which in 1779 I was permitted to see, through favour of General Dalton, struck me as the best calculated to reform the prisoner, and at the same time to receive from his manual labour a compensation for those injuries he had done to society. Through the above gentleman's politeness I was permitted to visit the prison at Bruges, which is upon a much smaller scale, and not to be compared to the former.

“ Now, my dear Sir, permit me to thank you kindly for your solicitude about my health\*. I take every care consistent with the nature of my pursuit; but I am not willing that any prisons should relapse into their former state, or that the effects produced by the immortal HOWARD should cease with the cause. I find myself urged by irresistible curiosity or impulse, or what you will, to visit those parts of a prison I am cautioned against; and I trust the malignity of the

\* By a subsequent letter, I find that my friend was taken ill after his visit to Colchester gaol. He attributed his speedy recovery to a state of mind, that preserved him superior to apprehension. EDIT.

disease will never prevent me seeing the wretched victims of it.

“ I am, with cordial esteem and regard,

“ DEAR SIR,

“ Your much obliged, and

“ faithful humble servant,

“ JAMES NEILD.

“ To Dr. LETTSOM.”



SOON after my esteemed friend had favoured me with the foregoing letter, he proceeded on his journey of philanthropy, to visit various prisons in the neighbouring counties of the metropolis; being desirous of seizing every opportunity which his official engagements afforded, of plunging into the dreary dungeons of human misery, in order to liberate the captive, or meliorate his condition. During these exertions, he recalled to mind an absent friend, and communicated to me instances of wretchedness, which national humanity must commiserate, and national character ought not to have suffered.

From his correspondence I have presumed to select a few remarks, which, if not immediately applicable to this secton, are proofs, at least, of the existence of scenes of distress, unknown and unsuspected, by most, but certainly of serious interest, to all individuals of the community. And the more happy they are, and the further they are removed from the contingency of human infelicity, the more powerful should be the impulse of compassion, and the more speedy the succour.

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“ *Cbelsea, Oct. 19, 1801.*

“ MY DEAR SIR,

“ JUST before I left town I had the pleasure to hear that Hennison’s other creditor had taken the composition I offered, and that he was discharged.

“ The prisons I have visited since last I had the pleasure of writing to you are too numerous \* even to touch upon in the compass of a letter; but there is one so far exceeding the others in wretch-

\* I know there were 20 at least. EDIT.

edness,

edness, that I cannot help sending you some account of it.

“ *Colchester Borough Gaol.*

“ John Hardy, keeper; salary 12*l.* fees 2*s.* 6*d.*

“ Surgeon none; Divine service never performed!

“ Water none—accessible to prisoners!

“ It consists of five dark rooms, with iron barred windows, in one of which, 15 feet square, height 6 feet 7 inches, were six women, two very sick upon the floor, nothing but straw to lie upon with two fags of blankets. In another room, 16 feet by 11 feet, were four women. In the third, 15 feet by nine feet, was a man in fetters.

“ Now, my dear Sir, observe, there is no court-yard to receive the benefit of fresh air; and, to render misery complete, in each room there is a *half tub*, used as a *necessary*, without any cover to it, the effluvia from which, together with the exhalation from the bodies of the poor wretches, had such a poisonous effect upon me, that I could scarcely remain in their room a sufficient time to

take the dimensions. Nor was this all; for I was obliged to change every article of my cloaths, to get rid of the vermin which swarmed upon them; and I afterwards fumigated myself by going into a *smoking room*.

“ God blefs you, and preserve you. Adieu !

“ Yours, faithfully,

“ JAMES NEILD.

“ P. S. I forgot to tell you, that in this miserable gaol (Colchester) no fire is allowed, or mop, broom, or pail, to keep it clean. It has no appearance of having been whitewashed these many years; the keeper told me none would frick upon the rooms, and this I could easily conceive, without the filth and dirt were previously scraped off.

“ Allowance, some time ago, *6d. per day*, now reduced to *4d.*”

“ *Chelsea,*



*Chelsea, Oct. 23, 1801.*

“ MY DEAR SIR,

“ BY the scrap enclosed in my last, you will see it was my intention of writing to you on my return from visiting the gaols of Surrey and of Suffex. Circumstances happened, which prevented my finishing what I had begun. The plan I set out upon in August last was, to visit the county and town gaols; accordingly, I went to Hertfordshire, Buckinghamshire, Bedfordshire, Northamptonshire, Huntingdonshire, Cambridge-shire, Surrey, Suffex, and Kent; but, till I came to Maidstone, never thought of visiting the Bridewells. That they are the very sinks of vice and profligacy, and a never-failing source to supply our gaols, will I think be evident from the following description:

Maidstone Bridewell John Down, keeper, salary 50*l.* Prisoners, thirty-two. Allowance, five half-quartern loaves per week each. Surgeon as in the town-gaol. No chaplain, or divine service ever performed. Court-yard eighteen yards by fourteen; the young beginner and the old offender promiscuously mixed; a few employed in the hemp and flax manufactory, but they have no part of what they earn.

“ Two

“ Two boys spinning twine, the one in irons, the other not ; upon asking the reason, the keeper informed me the former was but lately sent there ; that he made it a rule to put every new-comer into irons, and if they behave well for *some time* to take them off.

“ In this situation I saw nine or ten all heavily fettered, some of them extremely so. 'Tis a pity there should be no printed rules or orders for its government ; no periodical reports of its conduct ; no visiting committee to control its management.

“ Discharged penniless, almost famished, half (scarcely half) clothed, the miserable wretches become midnight depredators ; hence (from the Bridewells) will our *county-gaols* be replete with felons, and the scaffolds of execution groan with the accumulated weight of these wretched malefactors—doubly wretched from their sorrows, and their crimes!

“ Impelled by chance or curiosity in my first visit of the *Bridewells*, I am prompted to the pursuit by the sorrows of the sufferers, and by striking at its source, attempt the relief of the miserable.

“ From

“ From the conversations I have had with many in the presence of the gaoler, sparks of good intention have been plainly indicated; their acknowledged regular and correct behaviour has convinced me of it; how much then is it to be regretted that, during a two years imprisonment, they should never receive either moral or religious instruction! thus the latent spark, instead of being encouraged, is *extinguished*. At each entrance of almost every town there is a painted board, ordering all persons found begging to be committed to prison—what is the poor wretch to do? Just discharged from gaol; naked, scarce able to move, incapable of any labour, and perishing with hunger, he is driven by irresistible necessity to commit some predatory act, which soon brings him back to his former mansion, and shortens a wretched life that might, fain would have been, a useful one.

“ Dartford Bridewell, Thomas Skill, keeper, salary 30l. fees of felons 13s. 4d. misdemeanours 6s. 8d. Prisoners seven. Allowance, three half-quartern loaves each per week. Court-yard forty feet by twenty-two feet. Infirmary fourteen feet seven inches, by eleven feet six inches. White-washed four times a year. Employment, picking oakum,

oakum, at which they were at work, and they receive *the whole of their earnings*. None of them in irons; the keeper told me he very seldom made use of any; the gaol clean, the prisoners healthy and chearful; but in this prison divine service is never performed; in every other respect how different from that at Maidstone, though both in the same county! I cannot close my letter without mentioning the gaol at Rochester, which I visited the 20th of September: Edward Wright, keeper; salary none; but as serjeant at mace 30l.; prisoners three. No chaplain, or divine service ever performed. Two cells, each fifteen feet by five feet six inches; a bedstead in each, which fills about one half the space; an earthen pan in one corner used as a necessary. No water; no court-yard; no light or air but what are admitted through an iron-grated door. Two men in one cell, one woman in the other. Debtors and felons mix together; there is one room in the house, ten feet by nine, for such debtors as can pay. I have not room to say more on the subject of *Bridewells*, therefore shall finish by an observation on the *exterior* of Chelmsford gaol, which has more the appearance of a gentleman's mansion than a prison. Vulgar and vicious minds are most effectually touched by the instrumentality

mentality of *exterior* objects; therefore I would recommend rustic work and fetters, as at Newgate, which, instead of wonder and admiration, would create a terror and dread in the weak and ignorant, and usefully operate on their minds through the medium of the senses. I am, with cordial esteem and regard, Dear Sir,

“ Your much obliged,

“ and faithful humble servant,

“ JAMES NEILD \*.”

\* An advertisement in the public papers of Nov. 9, will form an appropriate appendage to this correspondence. EDIT,

“ *Society for the Discharge and Relief of Persons imprisoned for small Debts.*

“ Craven-street, Strand, Nov. 4, 1801.

*Present in Committee,*

The Right Hon. Earl ROMNEY, President.

Wm. Moreton Pitt, Esq. M. P. Col. Sweedland.

Henry Grimston, Esq. John Ward, Esq.

Charles Jones, Esq. Mr. Charles Walker.

“ Moved, and passed unanimously,

“ That the thanks of this Society be given to JAMES NEILD, Esq. our worthy Treasurer, for his very humane, useful, and particular exertions, in visiting several county gaols in the course of this summer, and reporting the deplorable situation of many of the debtors confined therein.

“ R. GRASSWELL, Sec.”

*Account*

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*Account of the proposed Institution to prevent the Progress of the Contagious Fever in the Metropolis. By THOMAS BERNARD, Esq.*

THAT the poor of every populous town are peculiarly liable to the attacks of contagious distempers, is a fact which has been stated by Dr. MURRAY in a late publication \*, and of which a variety of melancholy evidence may be adduced. To those only, who have been led to explore the recesses of poverty and disease in the metropolis, can it be known how many circumstances there are, both within and without the dwellings of the poor, contributing to the generating and spreading of infection; fatal and ruinous in their effects, though easily corrigible by the attention of the other classes of society.

\* Sold at Hatchard's, Piccadilly.

By

By the physicians of the Dispensaries it had long been lamented, that among the close and unhealthy courts and alleys of the metropolis, the power of medicine was inadequate to check the progress of infectious fever, while parents and their children were, in all cases, to remain within their own *infected* walls. Even if health were restored by medical skill and attention, still the *habitation* remained subject to the acquired contagion, for want of that purification, the expence and trouble of which, though inconsiderable in themselves, were beyond the scope and extent of the funds of institutions, often pressed upon by a number of claimants, exceeding their means of relief.

It had therefore been the anxious wish of some of the Directors of those charities, that an adequate remedy might be adopted for this evil. In the mean time, in May, 1796, there had been formed at Manchester \* the

\* It should be noticed that fever-wards for preventing the spreading of infectious fevers had been proposed by Dr. Hargrave in 1775; and had been established by him in Chester, as early as 1783.

dignified

dignified and exemplary establishment of HOUSES OF RECOVERY, to check the progress of the contagious fever among the poor: The members of the Society for bettering the Condition of the Poor, have contributed to make known the regulations of this charity, and its extraordinary and beneficial effects, in alleviating one of the greatest calamities to which our necessitous brethren are subject. For detailed information on this subject, the reader is referred to a recent Letter of Dr. Haygarth's on the Prevention of Infectious Fevers \*; to the three volumes of Dr. Ferriar's Medical Histories and Reflections; to

\* The *practical conclusions* in Dr. Haygarth's letter on the prevention of infectious fevers, are so deserving of attention, that I insert them as a note. 1. *Medical, clerical, and other visitors of patients in infectious fevers, may fully perform their important duties with safety to themselves.* 2. *In any house, with spacious apartments, the whole family, even the nurses of a patient ill of a typhous fever, may be preserved from infection.* 3. *Schools may be preserved from febrile infection.* 4. *In an hospital, infectious fevers ought never to be admitted into the same wards with patients ill of other diseases.* 5. *When an infectious fever is in a small house, the family cannot be preserved from it, unless the patients are removed into separate buildings.*

Dr.



Dr. Willan's Reports on the Diseases in London; and to the above-mentioned pamphlet of Dr. Murray's, which has been lately published by the desire and at the expence of the Society. In their Reports \* there will be found some account of the Institution at Manchester, whence I have selected the following circumstances.

1. As to the comparative number of contagious fevers in Manchester, for three years previous to the establishment of the House of Recovery in May, 1796, and in one year succeeding its establishment, it appears to have been as follows:

From Sept. 1793, to May, 1796,	1256
From May, 1796, to May, 1797,	26

2. With regard to its effect on general health, as ascertained by the number of fever cases admitted into the Manchester Infir-

\* See the Society's Reports, vol. I. p. 98, and vol. II. p. 224, and p. 95 of Appendix.

mary, before and after the establishment of the House of Recovery, there were

Fever patients in January 1796,	-	226
in January 1797,	-	57

3. As to the total of patients in the Manchester Infirmary, though before the establishment of the House many cases were refused on account of the greater press and claim of fever patients, there were

From June 1795, to June 1796,	2880
From June 1796, to June 1797,	1759
From June 1797, to June 1798,	1564

4. In order to shew the comparative mortality in the House of Recovery, upon the fever cases admitted into it, I proceed to observe that, from the 19th of May, 1796, to 21st of January, 1797, there were admitted two hundred and seventy-four; of these there died twenty-one: admitted in 1797, three hundred and forty-nine; of these there died twenty-seven: admitted in 1798, three hundred

dred and eighty-one; of these there died twenty-one. The proportions of deaths in the Manchester House of Recovery, for these three years, will therefore appear to be as follows: in 1796, not quite one in eleven: in 1797, about one in thirteen: and in 1798, less than one in eighteen. It is no small gratification to observe the progress of success in the Manchester House of Recovery; a success, which may be imputed to two circumstances; 1st, that the poor do now apply more early and more willingly; and 2dly, that they apply with more hope and confidence of recovery.

5. The limits of the Manchester House of Recovery were, at first, necessarily confined to a few streets in the vicinage. They are now extended, *without distinction*, not only to all Manchester, but also to all its neighbourhood for three miles round, as far as patients conveniently be brought: and yet, with this enlarged scope of benevolence, and the admission of every fever patient found in those extensive limits, the patients in the House of Rec

when I visited it in August, 1798, nineteen; and when I visited it in October, 1799, eleven.

6. To these facts, tending to explain the benefits of such an institution in checking the progress of infection, and in diminishing the general proportion and prevalence of disease and mortality, to which our nature is subject, I will add a statement of the relative bearings of expence and effect; and observe that the fever patients cured in the Manchester House of Recovery, in the year 1798, were three hundred and sixty; all of whom had their houses and property cleansed, and purified from contagion, and the progress of infection completely stopped. The expence of *this boon to human nature* amounted to SEVEN HUNDRED POUNDS.

Impressed by these circumstances, and by other corroborating facts, for the detail of which the reader may refer to their Reports, and to Dr. Haygarth's and Dr. Ferriar's publications, the Society has directed its attention  
to.

to the subject; and in the early part of the preceding winter, at the request of their committee, Dr. Murray, one of the physicians to the Public Dispensary in Carey-street, prepared and published his "Remarks on the Situation of the Poor in the Metropolis, as contributing to the Progress of Contagious Diseases; with a Plan for the Institution of Houses of Recovery, for Persons infected by Fever." The pressure of the existing scarcity had delayed for a few months the progress of any active measures on the subject. A meeting, however, was at length called for the first of May, to take measures for forming the institution in the metropolis.

The attendance at this meeting was such as, from the nature of the subject, might have been expected. The Duke of Somerset, the Earl of Pomfret, the Bishop of London, and the Bishop of Durham (who, by desire of the meeting, took the chair), together with many respectable inhabitants of the metropolis (after the certificate from several physicians of hospitals and dispensaries in London, as to the

prevalence of infectious fever, had been read), adopted unanimously, upon the motion of Lord Sheffield, the resolutions—— That it appears to this meeting, by a certificate from the physicians of the hospitals and dispensaries in London, that the contagious malignant fever has been for some time past, and now is, prevalent in the metropolis: and that it has been occasioned by individual infection, which, with proper care, might have been immediately checked—or has been produced, or renewed, by the dwellings of the poor not having been properly cleansed and purified from contagion, after the fever has been prevalent in them:— that it also appears that this evil (the injury and danger of which extend to every part of the metropolis) might be prevented, by cleansing and purifying the clothes, furniture, and apartments, of persons attacked by this disease, and by removing them from situations where, if they remain, the infection of others is inevitable:— and that a SUBSCRIPTION be immediately set on foot, for the purpose of forming an Institution for checking the progress

gress of the contagious malignant fever in the metropolis, and for removing the causes of infection from the dwellings of the poor, upon a plan similar to that which has been adopted with great success and effect at MANCHESTER.

### OBSERVATIONS.

It is a curious and interesting fact, that the establishment of one solitary House of Recovery at Manchester, with an expence not exceeding 700*l.* a year, should have nearly put an end to the contagious fever in that place; — a place where the Cotton-mills and a variety of other circumstances, aided by extreme population, furnish so abundant a supply for the renewal of infection. That in one year the average of fever should be diminished from 471 to 26, — the fever cases of the general Infirmary to *one-fourth*, — their other patients to *nearly half*, — and the proportion of mortality under the fever from a *ninth* to an *eighteenth*, — afford a pleasing example of what may be done by active and in-

intelligent benevolence,—labouring for the benefit of its fellow-creatures. This, however, has been attended with many other advantages, in the diminution of the general mortality of that place, and in the improvement of the domestic comfort and well-being of the poor.

In the common cases of infectious fevers, if we suppose that only one in eight dies (and the proportion is sometimes one in four), yet we must take into the consideration, that, of the other seven, many are nearly ruined in health and circumstances, and hardly any have the infection entirely removed from their houses. Such is the condition of parts of the metropolis, whence the infection of fever, though occasionally suspended by a frost, has not for years been effectually removed; and in which, when the sad tale of indigence and mendicity is unfolded, the *infectious fever* so frequently occurs as the original cause of their calamity.

What,



Whatever may have been the call for this charity in Manchester, the circumstances of London more imperiously demand it; and I shall not willingly believe that the energy and liberality of the metropolis will not be adequate to the increased sphere of action. If we can commence our operations only in a limited district, we may hope, even in a few months, gradually to extend its sphere, as has been rapidly and effectually done at Manchester, and soon to embrace the whole metropolis. The position,—the local situation,—being once obtained, and the advantages pursued, the whole operation may be easily effected.

It has been said, that all the relief that is wanted may be supplied by the existing medical hospitals.—The evil is not recent, nor unknown to the faculty; nor is the remedy a matter of theory or speculation. Five years experience has been supplied by the well-directed philanthropy of the inhabitants of Manchester. Yet in all that time no movement has been made in the metropolis;—nothing has

has been done. And indeed, it should seem, that before any effectual remedy for contagious fevers can be applied by our medical hospitals, that regulation, which confines the time of admission to one day in a week, must be given up. Those patients, who are the proper objects of such an institution, must be *sought for* in their wretched habitations, and brought in at all times,—not as a mere boon, or personal favour,—not upon the interest of a governor,—but *as an act of free benevolence*; applying its operations, upon a general system of municipal policy, for the benefit of the whole of the metropolis; and extending those operations from the roof of the hospital *into the dwelling of the patient* \*, so as to remove the very vestiges of infection.

In

\* The sufferings occasioned by Contagious Fevers in the dwellings of the poor, are enhanced and continued by their inability to provide for the cleansing of apartments in which the fever has subsisted. In consequence of this inability, the contagion is accumulated, so that persons no sooner recover from one attack of the disease, than the infectious poison is again applied, and they thus become liable to continual relapses. Instances of this frequently occur; many houses are known not to have been clear of fever for a very great length of  
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In one way, indeed, the medical hospitals may both assist, and receive benefit from, this Institution; by appropriating to it some of their vacant wards, at a fair rent, and with a separate and distinct entrance: a measure that not only would increase their funds, and their means of being useful, but, by the furtherance of this institution, would, if we may judge from what has passed at Manchester, greatly relieve them, by diminishing the number of patients.

Before I conclude, I should observe that, though the mild weather of the two preceding winters has at present augmented the contagious fever in the metropolis, yet it has not been in a state of increase for some years

of time; and in one particular house, situated in Parker-street, near Drury-lane, a poor man and his wife, inhabiting a small dirty back-room, have each been attacked by the fever four several times since the month of January last.—Influenced by these circumstances, the Committee has directed its attention to this part of the subject, and has appropriated a sum for immediately whitening with hot lime, and otherwise cleansing, those dwellings of the poor in which infectious fevers have lately prevailed. 22 July, 1801.

back.

back. From the period when it raged under the name of the plague \* in London, and spread general and resistless havock, a gradual diminution (as appears by the bills of mortality) had taken place at the end of the 17th century. Between that and the year 1750, it had again considerably increased; and we then find, that the deaths by fever, in that year, amounted to 4,294, being almost a fifth of the whole mortality of London. The improvements in the edifices of the metropolis, and the attention to domestic and personal cleanliness which was then awakened, have since reduced the mortality by fevers, ex-

\* The want of air and cleanliness appears to be the great cause both of the plague, and of the malignant fever. There seems to be a considerable degree of affinity between these two diseases. In a late publication *on the increase and decrease of different diseases, and particularly of the plague*, Dr. Heberden, junior, has given a very curious detail of information on the subject. Many circumstances, and among others, that of the malignant fever *preceding and following*, the plague, seem to prove that the plague is merely an aggravated malignant fever. Dr. Haygarth observes, that the plague is a species of fever; and that it does not render the atmosphere infectious farther than a few feet from the patient or the poison. Dr. Haygarth's Letter, p. 157.

cept

cept at the present time, to less than half its average in the year 1750 ; yet there has always existed abundant reason for deploring, on the score both of humanity and of policy, the individual misery, and public loss, occasioned by the ravages of contagion. The increased mortality from this cause within the last 18 months, has more especially evinced the necessity of measures being adopted for remedying this evil. Whatever difficulties may obstruct the attainment of so great and desirable an object, I trust that the friends of human nature will not shrink from their duty, but proceed in the confidence, that by the united efforts of medical skill and active philanthropy, we shall soon check the progress of the contagious malignant fever in the metropolis, as effectually and beneficially as has been done at MANCHESTER.

*8th May, 1801.*

The



P L A N

ADOPTED FOR

THE INSTITUTION FOR THE  
*CURE AND PREVENTION OF*  
CONTAGIOUS FEVERS  
IN THE METROPOLIS.



1. **A**LL Subscribers of one guinea a year or upwards, or of ten guineas or more in one donation, shall be governors of this institution.

2. The Institution shall be under the direction of a Committee of 32, consisting of the President, 6 Vice-Presidents, the Treasurer, and 24 other Members, who shall be elected by the Governors.

3. All poor persons, labouring under infectious fever, and residing within the limits hereafter to be assigned, shall be considered as proper objects of this charity.

4. Houses

4. Houses of Recovery shall be provided for the reception of those whom it may be thought necessary to remove from their own habitations. They shall be in airy situations; sufficiently detached from other buildings; and in the neighbourhood of a populous district of the town.

5. As far as may be practicable, the Houses shall be divided into separate apartments, to be appropriated to patients in the different stages of fever.

6. Upon the recommendation of any one for relief by this Charity, notice shall be immediately given to the Physician; and the patient may be admitted into the house by an order for that purpose signed by the Physician.

7. A chair, provided with a moveable lining, or some other means of conveyance, shall be kept at the House, in which all persons ordered by the Physician to be removed shall be carried thither at the expence of the Institution.

8. Regulations for the internal management of the House shall be prepared under the direction of the Committee, with the assistance of the medical officers of the Institution.

9. When



9. When the Physician shall think the removal of a fever patient unnecessary, or when the fever shall have ceased in a dwelling-house, measures shall be adopted for the purpose of checking the progress of contagion, or preventing the renewal of its effects. The apartments shall be cleaned and white-washed, and infected bed-clothes and apparel shall be purified or destroyed.

10. A stock of bed-clothes and apparel shall be provided, to consist of such articles as the Committee may direct, from which the objects of this Charity shall be supplied when it may be necessary.

11. A general meeting of the Subscribers shall take place twice every year, *viz.* on the first Friday in May, and on the first Friday in November. Special meetings of the Subscribers shall be called by the President, at the request of the Committee, or of any seven Governors, seven days previous notice being given thereof and of the business to be transacted. At the general meeting in May, the President, Vice-Presidents, Treasurer, and other Members of the Committee, shall be annually elected; eight of the thirty-two Members of the Committee being to

go out, and to be replaced by eight other Governors of the Institution.

12. The Committee shall meet on the last Friday of every month, and at least three Members shall be necessary to constitute a meeting.

13. The Committee shall appoint all the officers and servants of the Charity. They shall form temporary regulations for the management of the House, which shall be in force until the succeeding General Meeting, but no longer, unless then confirmed.

14. The Committee shall from time to time publish a report of the state of the Institution.

15. The Treasurer shall receive all sums of money paid for the use of the Institution, and shall give such security for the faithful discharge of his office as the Committee shall think sufficient. He shall make all payments sanctioned by the Committee, and shall lay before them at each meeting a statement of the accoutts, and the same shall be audited and balanced, and submitted to the General Meeting in May.

16. The

16. The Treasurer shall appoint a Clerk for the purpose of collecting subscriptions, and shall be responsible for his conduct. The Clerk shall receive such remuneration as the Committee shall think proper.

17. The Committee shall, at each monthly or other meeting, appoint Directors of each House, who shall continue in office until the next meeting of the Committee.

18. The Directors shall give orders for the purifying of clothes and apartments, where the Physician reports it to be necessary; and when application is made for a supply of clothes, they shall give an order in writing for such articles as they may deem requisite.

19. They shall order a reward to such amount (subject to the regulation of the Committee) as they may think proper, to be given after the cessation of fever, on condition that the rules prescribed for cleanliness, ventilation, and the prevention of infection, have been faithfully observed. The reward shall be proportioned to the degree of previous danger, and the success of the measures by which it shall have been counteracted.

20. The Directors, before every meeting of the Committee, shall cause the bed-clothes and apparel belonging to the Institution to be examined, and shall report thereon to the Committee.

21. The Directors shall be authorized in all respects to aid the execution, and enforce the observance, of the regulations of the Institution; and they shall notice, and, if necessary, report to the Committee any irregularity or misconduct on the part of the servants and patients of the Charity.

22. The attending Physician shall, upon receiving an application in behalf of any object of this Charity, ascertain the state of the sick person, either by personal inspection, or by obtaining a satisfactory statement of the case from a physician or an apothecary. If it be necessary, either on account of the extreme poverty of the patient, or of the crowded state of his habitation, that he be removed to the House, the Physician shall give an order to that effect.

23. The Physicians shall visit each house at such times as may be deemed necessary by the Committee; and shall attend at their own houses those patients whom they may not think it proper to remove.

24. The

24. The Physicians shall keep accurate registers of the cases of all in-patients admitted under their care, and of the remedies employed.

25. They shall also report the measures necessary to be adopted in places where the contagion subsists, or has appeared.

26. The Committee shall allot the portion of duty to be undertaken by each Physician,

27. An Apothecary shall be appointed for each House, and shall reside near the House, which he shall attend at least once every day, and at such other times as the Physician shall appoint, and on all cases of emergency.

28. He shall prepare the medicines for the patients, and shall attend at a certain hour for the purpose of delivering those ordered for the out-patients.

29. The Apothecary shall receive such compensation for his attendance as shall be fixed by the Committee.

30. The Secretary shall issue summonses for, and attend, all meetings of, the Committee and Governors. He shall enter in proper books an account of their proceedings, and shall do such other business as the Committee may direct.

31. He shall be entrusted generally with the care of the clothes, and other things, belonging to the Institution.

32. He shall be under the direction of the Committee and Directors, and shall superintend the execution of the measures enjoined by them for cleansing and purifying clothes and apartments.

33. He shall report to the Directors the Physician's opinion as to the articles of clothing required, and shall deliver none out of his custody but in consequence of an order signed by the Directors.

34. He shall deliver wine only to those who produce an order signed by the Physician, specifying the name of the patient for whom it is ordered, and the exact quantity required.

35. He shall, from time to time, visit the apartments of any person to whom it shall have been  
been

been found necessary to entrust bed-clothes or apparel, and shall ascertain whether they are applied to the intended purpose; and in case of any misuse of them, he shall immediately report the same to the Directors.

36. He shall lay before the Committee, at each meeting, an account of the articles of clothing, &c. in his possession, and a list of those lent, or given, by order of the Directors, and of those returned since the preceding meeting of the Committee.

37. Before entering upon his office he shall give security for his good conduct to such amount as the Committee shall determine.

38. The servants of each House shall consist of a Matron, who shall superintend the domestic concerns, and of so many ordinary nurses as may be absolutely necessary, together with a porter, and such extra attendants as from time to time the Committee shall think requisite.

39. The Porter of each House shall assist in carrying those whom the Physician shall have ordered to be removed to the House, and shall be otherwise employed as the Committee and Directors shall appoint.

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**CONCLUSION;**

WITH MISCELLANEOUS OBSERVATIONS.

HAVING been requested by several correspondents, to convey my sentiments in a collected point of view, on purifying the air of infected rooms—on ventilation—on cleanliness and washing—and on bed and bed furniture—I have introduced some observations on these distinct objects, in addition to the preceding Hints.

1. *On purifying the Air of infected Rooms.*

The experience of several modern writers, from the circumnavigator COOK, the observations of HOWARD, and the numerous facts of HAYGARTH, all combine to prove, that a free circulation of atmospheric air, with washing and cleansing infected rooms, are sufficient to purify them effectually, and in which my learned friend Dr. FALCONER, of Bath, coincides;



coincides; to whose judgment, every medical professor will pay ample deference.

Various processes, however, of purifying infected places have been recommended by medical practitioners. Dr. JAMES CARMICHAEL SMYTH recommends fumigating the infected places with nitrous gas \*; this is done by decomposing nitre or salt-petre by means of vitriolic acid, which may be done as follows, in the words of this ingenious physician :

“ Put half an ounce of vitriolic acid into a crucible, or into a glass or china cup, or deep faucer; warm this over a lamp, or in heated sand, adding to it, from time to time, some nitre. These vessels should be placed at twenty or thirty feet distance from each other, according to the height of the ceiling, or virulence of the contagion, and should be stir-

\* “ As the quantity of vapour depends, in some measure, on the surface, it is better to have the vitriolic acid put in a number of small vessels than in one or two large ones; besides, in this way it has the advantage of being diffused more readily in any given space.”

red with glass spatulas. In hospitals or prisons the lamps or vessels containing heated sand may be placed on the floor; on board of ships, it will be better to hang them to the ceiling by waxed silk cords. The fumigating lamps, which are to be seen at *Moyser's*, in Greek-street, Soho, a great number of which have been sold to the navy, may be employed for this purpose; although they would answer much better if the saucer were deeper, and if, instead of a place for a lamp, there were a box proper for containing hot sand, in which the saucer might be placed.

“ As fumigating with nitrous acid is attended with no inconvenience, and as the process is so simple, and the materials so cheap, it should, as a means of prevention, be employed for some hours every day in transports, having troops on board, and in crowded hospitals; and if there is any appearance of contagion, the fumigation should be executed with more care and attention, and the vapour confined for several hours at a time. Fumigating vessels or lamps should  
also

also be placed contiguous to the hammocks or beds of persons affected with any contagious or putrid distemper, whether fever or dysentery."

In Spain, fumigations with simple muriatic acid in vapour have been recommended. This vapour may be produced by a process similar to the preceding, by adding marine or common salt to the vitriolic acid, instead of nitre.

MORVEAU, and DUYEUX, in France, prefer the oxygenated muriatic acid, which resembles the process adopted in Spain.

Dr. ROLLO, of the hospital in Woolwich barracks, directs the use of the following composition :

Take of pulverized manganese, two parts.  
Common salt, four parts.  
Oil, or acid of vitriol (sulphuric acid), three parts.  
Water, one part.

A fruit-

A suitable proportion of this mixture is put into an earthen vessel, and suffered to remain until no vapours arise from it, or its peculiar smell is not perceptible. When a patient is admitted with an infectious disease, or when there are patients with sores having offensive discharges, one or two gally-pots are placed in the wards with about three ounces of the manganese and salt, to which is added half an ounce of water, and there is gradually poured on the whole a part of the ounce of the oil of vitriol (sulphuric acid); the remainder occasionally. These quantities are according to the proportions previously stated, and they answer the consumption of a day. A pot or two is also placed on the outside of the doors of the same wards in the gallery. The vapour is diffused over the whole ward, and penetrates every where, and destroys every other smell than what itself conveys. This vapour has been found, by experiment, destructive of the contagion of small-pox; of course it is likely to prove destructive of other contagions. It can be used with effect, without prejudice to the sick, in the manner we have described;

described ; and it is in very frequent use in this hospital. The application of it, while it destroys contagion, may also prevent its formation, and should be employed in all cases similar to those we have pointed out. It may prove useful, and we recommend its use in all situations, where a number of persons in health are confined together, as on board of transports, especially in bad weather. Two or three gally-pots, with the quantities used in the hospital, would be found sufficient, and it would not be necessary to use them oftener than twice or thrice a week. It merits a trial in marshy places, where there may be unavoidable exposure ; in these cases the gally-pots, with the materials, should be placed in the inside of the windows and doors of the habitations next to the marshes.

## 2. *Ventilation.*

Although the circulation of air is at all times conducive to health, it is peculiarly essential in stopping the progress of infectious fevers; but from various causes, and particularly from the tax on windows, many apartments, inhabited by the poor, are rather calculated to exclude, than to admit the circulation of air, and hence tend to increase infectious diseases: the evil might in some degree be lessened by the use of the common ventilator, at no great expence.

It has been suggested, that in some instances of fevers, the patients have felt uneasy, from a current of cold air blowing upon them; although I cannot conceive that any injury would result from this cause, unless in very cold weather: to answer the objection, however, windows have been constructed, with a frame slanting obliquely, placed at the top sash of each of the windows, which

diverts

diverts the air from a direct horizontal course, either upwards towards the ceiling, or downwards towards the floor.

To render the air more temperate in cold weather, by throwing in warm atmospherical air, Dr. Rollo recommends a spacious square opening, grated, to be made in the wall next the back ground, externally, on a level with the basement floor, to pass behind a fire-place and stove, having a sand bath conveniently placed for any useful purpose; to communicate with earthen tubes, placed perpendicularly, and heated by the fire terminating in a large tube of the same nature, to open into the rooms of the patients, when required.

### 3. *Cleanliness and Washing.*

Could the free circulation of air, and cleanliness in house and person, be introduced among the poor, infectious fevers would rarely occur; but under the pressure of distress,

treffs, every useful effort is too generally neglected ; as much as possible, however, they should be taught, and encouraged, to make exertions that are not expensive, and highly salubrious ; as washing their apartments, and their furniture \*, in the cheapest manner ; and the walls and cielings with quick lime, an object of very trivial expence to most individuals.

It would add greatly to the health of the poor, were they to adopt a rule in their families, to have each person washed from head to foot about once a week ; this might be the evening preceding, or the morning of, the Sabbath.

In the years 1783 and 1786, the typhus fever was so epidemic in Chester, as to occasion general alarm ; but, with the precau-

\* In the cleansing of cloths and furniture, baking them in ovens, and various fumigations, have been recommended ; but if they are well steeped in water, once or twice changed, and afterwards washed with soap, infection from them will be effectually prevented.

tions



tions of free air and cleanliness, not one case occurred of a second person catching the disease, as Dr. Haygarth relates in his letter to Dr. Percival.

“ Fresh air and cleanliness were the only means which I employed to prevent infection. Doors and windows were kept open, as far as the season and other circumstances would permit. Curtains were drawn to exclude light, but not the free circulation of the air. All cloths, utensils, &c. used by the patient, were immersed in a vessel of cold water immediately; and when taken out of it carefully washed. The floors were kept clean, and vinegar was sometimes, but not always, employed to sprinkle them. It was thought to be more easy, and more safe to remove than correct the poison.” (P. 39.)

#### 4. *Bed and Bed Furniture.*

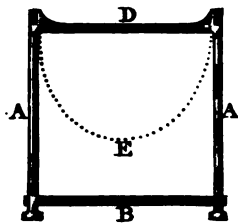
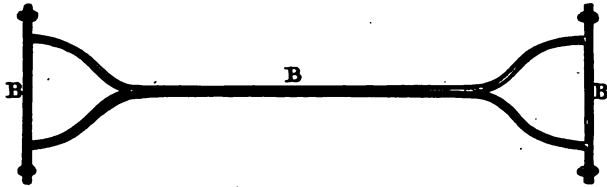
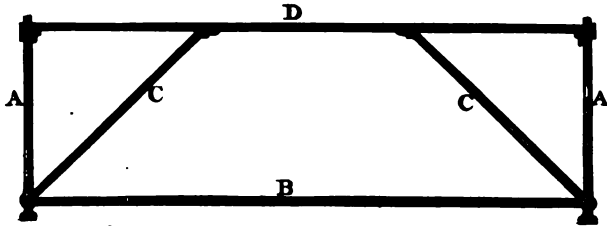
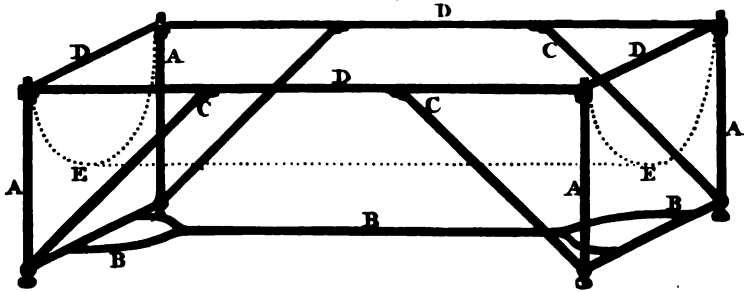
In most hospitals iron bedsteads have superseded those of wood ; they are made of a light construction, with testers only, and curtains, when necessary, thrown over the testers. The curtains may be requisite in cold weather ; or to exclude the light in certain cases of delirium ; as well as to prevent one patient from seeing another in the same ward, which may be proper under certain states of aggravated disease. These half curtains should be made of linen, or some substance suitable for washing.

The plan of hanging up the bedsteads when not in use, as practised in the Waterford House of Recovery, may be conveniently adopted. Straw beds, as already described, in that institution are the best for patients under infectious diseases, as the straw may be burnt, and the ticks which contained it occasionally washed, as is practised in Woolwich barracks, and elsewhere.

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*Plan of a Cot-bedstead*



I cannot with satisfaction conclude this section, without introducing to notice an iron cot-bedstead, which I have had made from a model, suggested to my mind, from visiting the prison of Newgate, which the annexed engraving and description will explain.

The posts, A A A A, are kept steady at their lower extremity, by a bottom rail, B B B, running from one extremity to the other, and its terminations are forked, to increase stability: for the same intention, though not absolutely necessary, raking braces, C C C C, are added. The terminations of the bottom rail are fastened to the cross rails by joints, which allow the posts to fold in upon the bottom rail. The side rails, D D D D, to which the facking, E, is to be hung, are fixed by hooks into notches, at the upper end of the posts, in such a manner as to be put on and removed in a few minutes; for it is expressly designed that they should be taken off every morning, that space may  
be

be allowed in the rooms for the convenience  
of the patients and families who use them.

END OF THE FIRST VOLUME.













